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Bonus puzzles

AND PRIZES

Issue 04 Jan 26, 2023

that's life!

I married MY EX!

27 YEARS LATER

MUM'S AGONY

I broke my BACK picking up my bub

STABBED on the street by a stranger

How we changed the law for our beautiful Jack

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Welcome

Over the break, I catsat for my sister Lenore. Most of the time, Bella and Midge were just quietly sleeping or stretching. Until, that is, the middle of the night, when I woke up to all manner of weird noises. It wasn't an intruder, just the two kitties leaping up and down the stairs. 'Oh that's just their shenannies,' said Lenore, when I told her. Shenannies instantly became my new favourite word. And just a few days later, my sister sent me an article she'd read about the World Cup of Random English Words. An online poll run by a word lover in the UK, it had garnered over a million votes. And the winner was… shenanigans! In second place was codswallop. Of course, this set the *tl!* team off into an hilarious conversation about funny old words. Julia chimed in with schemozzle, which everyone agreed is pretty good. Some of the team weren't even sure if it was a real word, but we all understood it to be a great way to describe a bit of a muddle. Kerfuffle, which is a commotion or fuss, was also much-used and loved. 'And it's so good to say with all those effs!' laughed Jude. Claudia's been using poppycock for years after hearing it in a movie, and both Julia and Jude call *their* cats' shenannies, zoomies. Lisa said her Yorkshire born hubby is full of funny words. They include mizzle, which is a fine rain, but can also mean to disappear quickly. Another is snicket, which is the narrow space between buildings. I did a bit of googling on old words and spondulicks made me laugh. It's a word from the 1800s for money. And my lovely dad still uses the more recent variant of this wonderful word for cash – spondoolies!

> 'Oh that's just their shenannies'

Linda

Linda Smith, Editor
linda@aremedia.com.au

NEXT WEEK

Great lunchbox ideas

COVER STYLING: JANINE DONOVAN COVER PHOTO: PHILLIP CASTLETON

It's EASY to contribute!

Send us photos of your family, friends or pets

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WE ♥ YOU!

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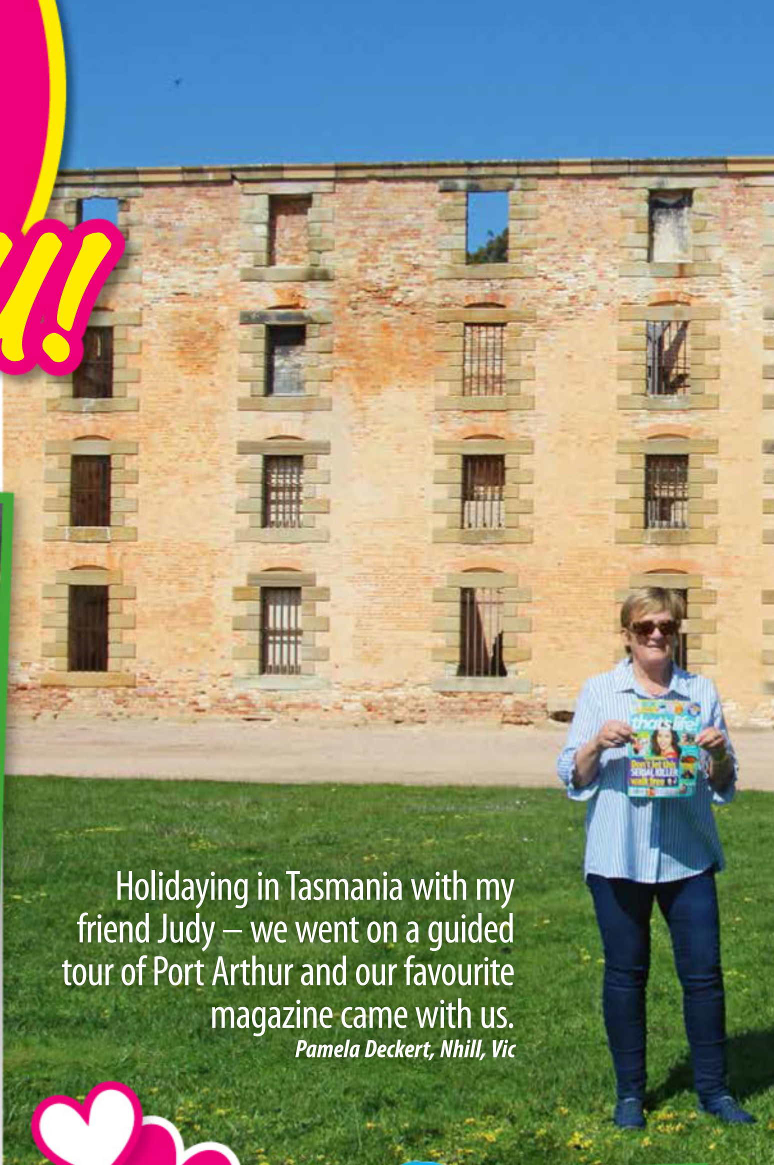
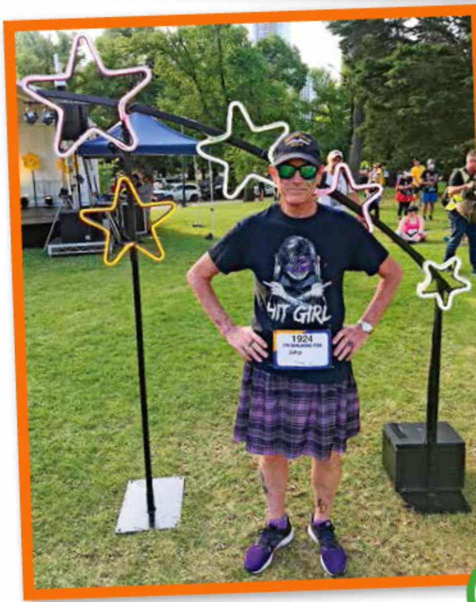
ME and my PET

Harlen, two, is telling Diesel, seven, 'Get your paws off my book!' *Nancy Yaxley, Devonport, Tas*



Holidaying in Tasmania with my friend Judy – we went on a guided tour of Port Arthur and our favourite magazine came with us.
Pamela Deckert, Nhill, Vic



I did the Cancer Council 'Walking Stars' 21km walk wearing a skirt.
Paul Delaney, Carrum Downs, Vic

My own little Picasso. Mia, one, had fun painting at the Museum of Play and Art (MoPA) in Geelong.
Holly Nelson, Clifton Springs, Vic

DON'T I KNOW YOU?

Kade, 11, was very excited to meet Australian Olympic javelin thrower Kelsey Lee Barber when he went to Brisbane to compete in the National All Schools Track and Field Championships.
AnnMaree Barwick, Prospect, Tas

FAMILY FRIENDS LAUGHS

that's life!
SHOT by my ex as I fed my baby

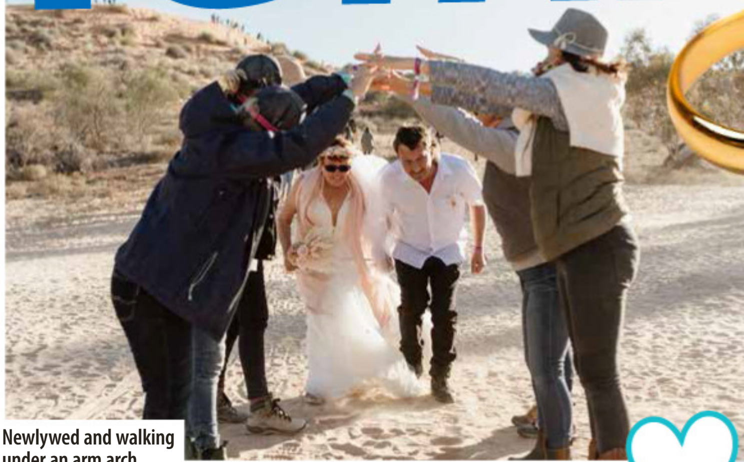
My beautiful three-year-old girl Claudia enjoyed a cuddle with her new baby brother Quentin. *Heidi Laugesen, Geilston Bay, Tas*

WINNERS are grinners

Maurice says thank you for the cheque he received today from having his picture appear in *that's life!*. His prize will buy a lot of cat food! *Andrea Watson, Armidale, NSW*

Here is me with my two best friends Rhondina and Julie at the Monet and Friends art exhibition in Melbourne. *Karen White, Kawungan, Qld*

OUR BIG FAT



Newlywed and walking under an arm arch

Karen married her dream man in the Aussie desert **Karen Maximiw, 49, somewhere in Oz!**

Enjoying a drink with some mates at my local, a skinny guy with a mullet strolled up to me.

'How are you going?' he asked.

I was 22 and single, and Anthony was 26 with a twinkle in his blue eyes.

Falling quickly for his true-blue sense of humour and laid-back manner, we began seeing each other.

A month later, we were in bed when his ex rocked up at his house.

'I just want to talk to you,' she told him. To my surprise, he jumped into her car and they zoomed off.

'Guess I won't be seeing him again,' I sighed.

A mum of three, I later married, had a fourth child, and got divorced.

Then on November 11, 2013 – 15 years after Anthony vanished with his ex – he messaged me on Facebook.

What's cracking? he wrote.

What the hell does he want? I thought.

So I asked him.

Just wanted to catch up, he replied.

Curious to see what he'd been up to, I agreed to meet for a drink. He'd put a bit of flesh on his bones but looked just as handsome, and still had the mullet. He'd also had a couple of kids but, like me, was now single.

'I'm amazed we're both still alive,' I laughed, recalling our partying ways.

'Me too,' he grinned.

Just three days later, I fell for my ex all over again. With my youngest son, I made the 545 kilometre move from Echuca, Vic, to Gippsland to be with him.

> We didn't need bright lights, just the bush

We got on like a house on fire and life was good.

When my son had grown up and left home, I turned to Anthony. 'I just want to spend my time travelling around Australia,' I said.

'Yeah, me too,' he replied.

So in August 2021, we bought a caravan and wrote *It's five o'clock somewhere!* on the side, to reflect our fondness for a bevy as the evening closed in. Then we packed up our stuff and our dogs, Zoey, 13, and Bozo, 14, and took off.

We soon settled into life on the road, travelling around Victoria, New South Wales, Queensland and the Northern Territory.

Happy in our own company, we didn't need bright lights, just the beauty of the Australian bush.

In November 2021, Anthony handed me some cash.

'There's your engagement ring, go and buy it,' he said.

'I guess you're proposing to me,' I laughed.

'Yep,' he smiled.

So I bought myself a sparkly diamond ring and, just like that, we were engaged.

We didn't discuss wedding plans, but, soon after, we scored tickets to the Big Red Bash, in Birdsville, Qld.

Set on the edge of the

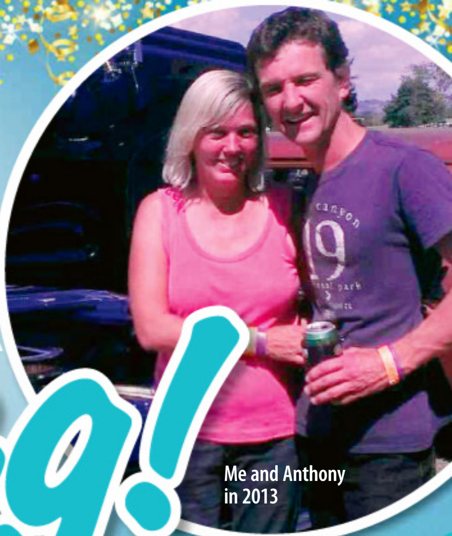
Us with our van

It's 5 o'clock somewhere

Our wedding party

AS TOLD TO EVA LEWICKI PHOTOS: KRISTIE CARRICK PHOTOGRAPHY; SUPPLIED

OUTBACK wedding!


Me and Anthony in 2013

Simpson Desert, it was the most remote music festival in the world, swelling the local population of 140 to 11,000. With no hotels around, it meant many others going were travellers like us. We'd been wanting to attend for years.

'Why don't we get hitched there?' I said to Anthony, thinking how surreal it'd be to get married in the desert.

'Great idea,' he replied.

We were going to have a big fat outback wedding!

So I posted a request on Birdsville's community Facebook page for someone to marry us, and a celebrant called Janice offered.

When I told my cousin's wife, Tina, our plans she asked, 'What are you going to wear?'

'Probably a T-shirt and shorts,' I said.

'You can't do that,' she cried, mortified. 'You have to wear a wedding dress!'

'I'll see what I can find,' I chuckled.

So en route to the festival, I nipped into a bridal shop and bought a white sleeveless gown and matching veil, which I hid from Anthony's prying eyes.

Arriving at Birdsville Tourist Park, we asked a friendly stranger, Ian, to give me away, and his lovely partner Jacqueline, to be my maid of honour.

On July 4, 2022, carrying a bouquet of Australian bush flowers and wearing a matching tiara, I walked up the hill with Ian and Jacqueline as kids dune-surfed behind us.

One of them, a little girl in a black baseball cap and pink top, even ran up to carry my train.

Concert-goers stopped and took photos as I walked towards Anthony, who wore a buttonhole to match my bouquet, and a big smile.

'You look beautiful,' he said to me, misty-eyed.

'So do you,' I smiled.

Then in the middle of the desert, on top of a mammoth red sand dune, we exchanged vows, 27 years after we first met.

As we kissed to seal the deal, hundreds of onlookers broke into cheers and applause. Afterwards, a group of them raised their arms in formation making a tunnel for us to walk through.

I'd never felt happier.

Back at the caravan park we celebrated with everyone with vodka shots.

'This was everything I wanted and more,' I said to Anthony.

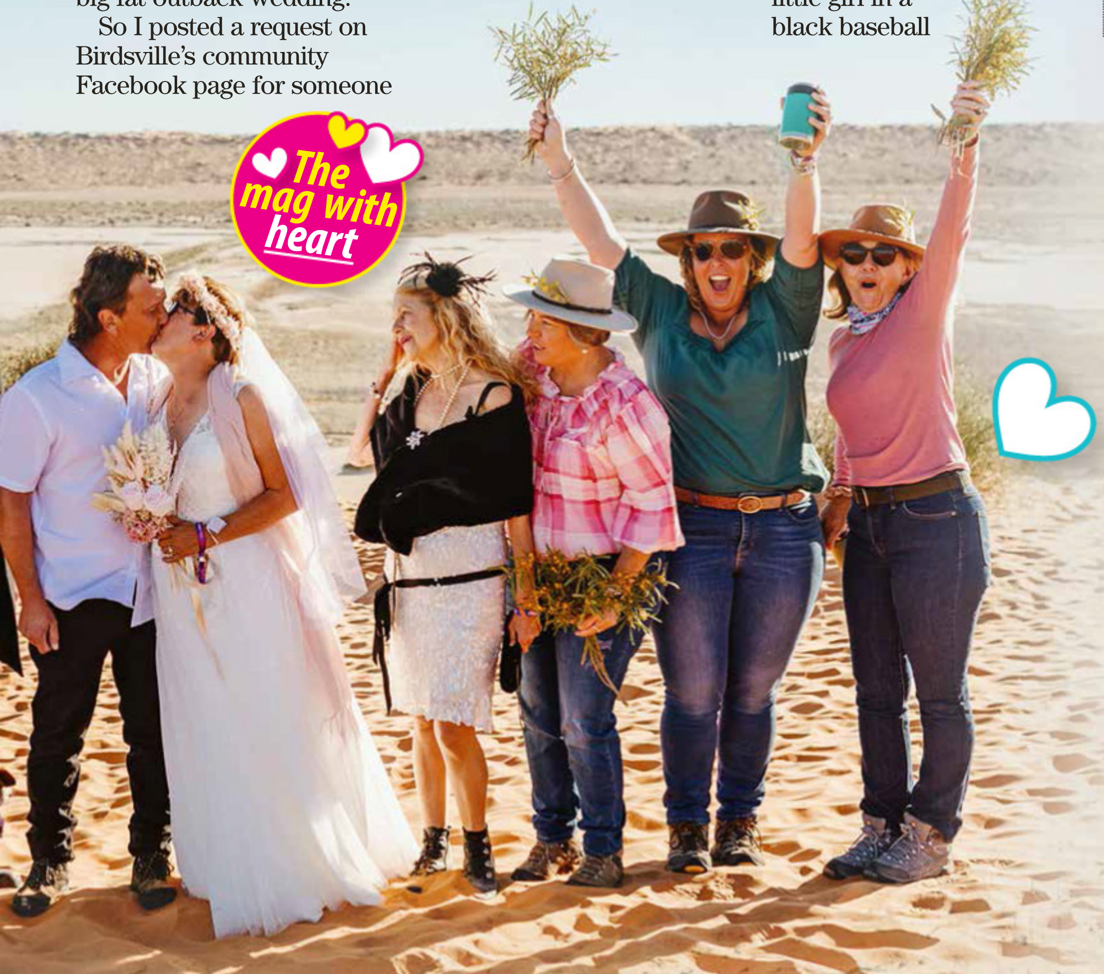
'Me too,' he said, giving me a hug.

We didn't even have to book a honeymoon because our life is one long honeymoon!

Today we're still enjoying our life on the road.

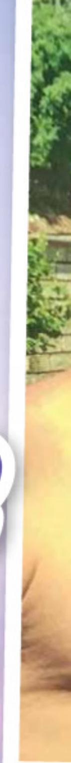
Anthony, now 53, is my best friend and soulmate – and as long as we're together, our honeymoon will never stop. ●

> Our life is one long honeymoon



The mag with heart

Did you have a wedding with a quirky theme? **Tell us at thatslife@aremedia.com.au**



JACK'S LEGACY

We changed the law for our boy

Belinda lost her beautiful son, now she's on a mission to save other kids

Belinda Beasley, 51, Parkwood, Qld

Infectious laughter echoed around the house. My son Jack, 17, was so excited about schoolies.

He'd just graduated from high school and, when he wasn't working hard as a flooring apprentice, he was out with friends on the Gold Coast where we lived.

My boy, known to everyone as Jacko, was bursting with life. But my husband Brett, then 49, sat him down in November 2019 before schoolies.

'Surfers Paradise isn't like it used to be. People carry knives,' Brett said, having seen horror stories in the news. 'Just walk the other way if there's trouble.'

'Okay Dad,' Jack said.

We were relieved when schoolies passed without any trouble.

As dark clouds gathered on Friday, December 13, I rang Jack while I was on the train home from work. 'There's a storm coming, be careful,' I said.

'I won't be late,' he said. 'Love you.'

Me and young Jack

Eating dinner with Brett that night, I imagined Jack travelling by tram to Surfers, then having fun with friends. But as my phone rang at 8.30pm, I heard chilling words.

'Something's happened to Jack,' my friend said.

I was horrified to discover Jack was in hospital. In terror, I grabbed my car keys and flew out the door without saying a word to Brett, and drove in a daze to Gold Coast University Hospital.

'Where's my son Jack?' I cried. 'Can you sit down for me?' a nurse said.

'Just tell me Jack's okay,' I said desperately.

But she didn't. When Brett arrived, we both sat reeling in shock. He'd also received a call with the horrifying news.

'Jack's been stabbed. He's in surgery,' the nurse told us.

> 'Just tell me Jack's okay,' I said desperately

Jack's big brother, Mitch, then 21, joined us, distraught.

Police said Jack and his friends were attacked outside an IGA.

Jack had been stabbed in the chest and his friend, also 17, had been stabbed in the chest and back, puncturing his lung.

It was 10pm when the surgeon came in.

'I'm sorry,' he said, as my world ended.

Our beautiful boy had been stabbed in his heart. How could my son, with his whole life ahead of him, be gone?

My lovely boy and me

Thankfully, Jack's friend had survived.

As hours merged into horrific days, devastating sadness bore down.

On Sunday, police told us a 15-year-old boy had been charged with murder and acts intended to cause grievous bodily harm.

A few days later, four more teenage boys, aged

Jack's funeral procession

YOUR real-life stories

Our last Christmas together

between 16 and 18, were charged over the attack.

Instead of finishing our Christmas shopping, we planned our boy's funeral.

Jack's send-off on December 23 was packed with over 1000 people.

On Christmas Day, Brett sat with Jack's ashes in an urn, sharing the only beer he'd ever have with his son.

'We can't just let Jack be another statistic,' Brett said to Wayne, the president of Jack's rugby league club, the Helensvale Hornets, in January.

'Why don't we set up a foundation?' Wayne said.

So we set up the Jack Beasley Foundation to educate kids about knife crime. We worked hard with Queensland Police so that, in April 2021, officers were using metal detector wands to check for weapons as part of a trial in Surfers Paradise and Broadbeach.

That year, I mustered my courage to talk to a hall full of teenagers and teachers at a local school.

'You have to leave knives at home, they can kill,' I said, telling Jack's story.

Finally, we'd given Jack a voice to try to keep other teenagers safe.

We hope we can save someone else

In May last year, a judge-only trial began at Brisbane Supreme Court. It heard the five teens had had a barbecue at Surfers Paradise.

Noticing Jack and his friends, they chased them before setting upon them. A then 15-year-old, who had a knife from the barbecue, stabbed Jack and his friend.

In July, three of the teens were found not guilty of Jack's manslaughter.

A 17-year-old boy pleaded guilty to murder and grievous bodily harm after admitting stabbing Jack, while a 20-year-old man pleaded guilty to manslaughter and grievous bodily harm.

In August 2022, I faced them at Brisbane Supreme Court, calling them 'cowards'.

'You ran away… and left Jack and [Jack's friend] to die on the footpath, with not a care in the world high-fiving each other,' I cried, reading my victim impact statement.

The 17-year-old was sentenced to 10 years in jail, while the 20-year-old was jailed for seven years.

'Good parents of young people are scared… because of people like you and your companions,' Justice Soraya Ryan said.

We reeled knowing one day Jack's attackers would be free.

Last December, Jack's Law was passed in Queensland. It gives police here the right to search for knives on public transport and in 15 party precincts, using mobile search wands.

I'm so proud we changed the law for our boy.

Jack's life couldn't be saved, we just hope we can save someone else.

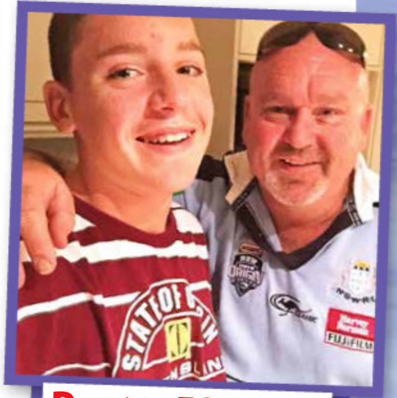
Jack, your wings were ready, but my heart was not.

We miss you every single day. ●

As told to Lisa Brookman

For more information, see jackbeasleyfoundation.org

We worked with the police



Brett, 52, says

We could've crawled into a hole when Jack died, but we were determined to stop it from happening to other families. We are delighted that Jack's Law is being brought in. If it had been like this before Jack died, he might still be with us today. I'd like to see it passed Australia-wide. It's great to keep Jack's name alive. I hope he'd be proud of us.

I'm thankful we're all okay

GOANNA ATTAC

‘You save my life’

Julie saved her hubby when she fought a predator in her own backyard

Julie Eggers, 67, Whitsundays, Qld

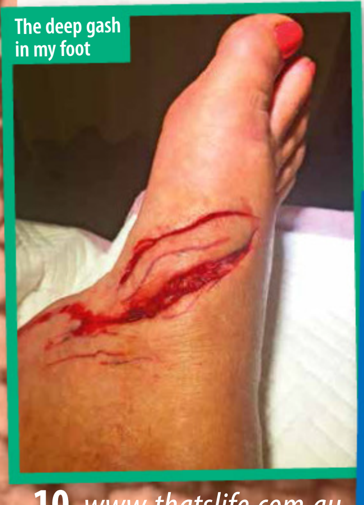
As my dogs jumped up and down, I smiled at how excited they were as my husband Reg, then 73, opened the kitchen door.

It was 3.30pm, and Lily, our then nine-year-old rough-coated Jack Russell and Lily's son Billy, six, licked Reg's fingers.

Then, in a flash, the dogs bolted out the door.

Living on five acres in the beautiful virgin rainforest of the Whitsundays, Qld, it was our slice of paradise.

Bush turkeys, snakes and goannas often came to visit, so we always checked the backyard and never let the dogs out unsupervised.



The deep gash in my foot

Lily was one tough little dog. After a run-in with a goanna years before, she was 80 per cent blind in one eye.

Now August 2019, Reg followed the dogs into the garden. I thought nothing of it until I heard shouting.

'Julie!' Reg cried.

Glancing out the back door, I gasped in horror.

A metre-and-a-half long goanna was in the garden and brave Lily was on its back.

With its sharp teeth and powerful claws and tail, I could see it was dangerously close to Reg.

Reg was lying on the ground, blood pouring from his right ankle and wrist.

The goanna had bitten Reg with its razor-sharp teeth.

Reg lay clutching his foot, while, with the other hand, he was trying to pull Lily off the back of the reptile. Billy was cowering nearby.

Without thinking, I ran over and put my foot on the goanna's back hoping Reg and Lily could get away.

But flicking its head, the goanna opened its mouth wide, like a snake, exposing its deadly teeth, which it sank into my right foot.

> Its deadly teeth sank into my right foot

As I pulled my foot away, the goanna's teeth tore through my skin like knives.

I looked on in horror as the powerful reptile encased Lily in a bear hug, with Lily's left back leg now in its jaws.

It's going to kill us! I thought, panicked.

Terrified the vicious creature was going to eat poor Lily, I grabbed the goanna behind the back of its head.

As adrenaline pumped through me, I pulled the muscular reptile up with Lily still in its mouth.

But the goanna clamped down even more tightly on Lily.

With my other hand, I grabbed a stone and thrust it in the goanna's jaws, prising them open.

Gripping around its neck with one hand, I squeezed tightly. And with my free hand, I grabbed its tail.

If its claws go for my neck we'll be in the cemetery, I thought.

Living in such an isolated area, I knew if something happened to me, Reg would bleed out.

But I squeezed the goanna so hard its jaws relaxed and it dropped a bloody Lily.

I heaved its bulk to the fence and threw the goanna over the other side.

Calling triple-0, I grabbed Lily. Her little back leg had been degloved and she was bleeding. I put her inside safely, barely noticing the blood that was pouring from my own hand.

Turning to Reg, I saw in horror that he was bleeding profusely.

'I'm going,' Reg said, looking terribly grey.

Grabbing a pyjama top from inside, I gave it to Reg who tied it round his ankle and wrist in a tourniquet to stem the bleeding .

Lily and Billy

ed

y

AUSSIE REAL LIFE

Paramedics with Reg

y Islands Nati

Me and Reg – we're lucky to be alive

'I don't want my husband to die,' I cried down the line hysterically to the emergency operator.

Finally, 20 minutes later, I heard sirens.

Relief swept through me as paramedics rushed Reg and me to the nearby airport. They loaded Reg in a chopper to Mackay Base Hospital, and transferred me to Proserpine Hospital.

Police took Lily to the vets, as our neighbour Sandy looked after a terrified Billy.

That night our vet Julie rang me.

'Lily's in shock, but she's alive,' she said.

I was so relieved.

The hospital released me two days later after giving me stitches, and I went straight to collect dear Lily whose leg was bandaged up.

Thankfully, the vet said she'd recover.

Surgeons worked on Reg, as the tendons in his foot and arm had been severed.

He was transferred to Proserpine Hospital five days later, and I was so pleased to have him home two days after that.

I was just glad we were both alive.

Reg had to stay off his feet for six weeks or, doctors warned, he wouldn't walk again.

My poor husband had so many stitches and was on antibiotics.

'You saved my life,' he said. 'I couldn't have done what you did. Your instinct took over.'

But I'd do anything to protect my family.

> I'd do anything to protect my family

The next week, Reg developed a staph infection and, despite meds, his hand just wasn't recovering. So he was prescribed a stronger antibiotic.

It took Reg a good few months, but slowly he was able to take the dogs for gentle strolls.

Reg still suffers with nerve damage, but he's very lucky to be alive.

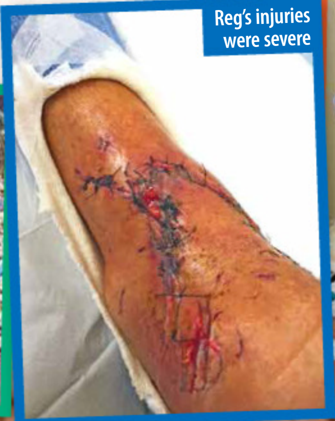
The goanna attack was so shocking, we barely spoke about it for months. We were both traumatised. When we told friends and family, they couldn't believe it.

Three years on, we still have goannas in the area but we're very careful.

We may have scars, but we're alive to tell the tale. ●

As told to Lisa Brookman

Blood on a rock after the attack



Reg's injuries were severe

Reg in hospital

MY HOLIDAY baby

When Deanna went overseas, she came home with a surprise

Deanna, 33, Wallsend, NSW*

Paul and I dated when we were teenagers at the same high school.

After three years together, we split up. Paul went off to uni and I decided to travel overseas. I planned to get a job in the UK and then travel in Europe.

On my first day in London, I met a man named Mark when I got lost trying to find Buckingham Palace.

'I'd love to show you around my city,' he said in a charming English accent.

We had a great time seeing Convent Garden, Trafalgar Square, and the Tower of London. At the end of the day as we sat in Piccadilly Circus, he kissed me.

'Stay with me tonight,' he whispered.

I couldn't resist!

After an amazing meal and a few drinks, we went back to his place. I was on cloud nine as I fell into his arms.

The next morning when I woke up, he'd already left for work. There was just a note saying *thanks*.

Reality hit me. I barely knew this guy – we hadn't even exchanged phone numbers. My mum would be horrified!

So I went to stay in a hostel and didn't see Mark again. Not long after that, I realised my period was late. And a week later, I started to feel queasy. Panic set in.

I took a pregnancy test and it was positive. I couldn't believe it!

I was normally such a sensible and careful person. How had I been so stupid?

Thinking quickly, I booked a flight back home.

I couldn't bear to tell Mum I'd got pregnant on a one-night stand so I told her it was Paul's but that I didn't want to get back together with him.

Thankfully, she was very supportive.

Six months later, I ran into Paul at the shops.

'Deanna, why didn't you let me know you were pregnant?' he said when he saw my growing bump. 'Surely I deserve to know if I'm going to be a dad.'

'I, er… didn't know how to tell you,' I stammered, too stunned to tell him the truth.

'Well I want to be part of the baby's life,' Paul said, sounding determined.

When I gave birth to a beautiful baby boy who I named Ben, I was besotted.

Paul and his family all came to visit.

'He looks just like Paul as a newborn,' his mum cooed.

> 'He looks just like Paul as a newborn,' his mum cooed

Paul adored little Ben and was wonderful with him.

When Ben was four, Paul married his fiancée, Britney. She loved Ben too, and he stayed with them often.

By then I'd settled down with a wonderful man named James.

He already had a couple of grown-up kids and didn't want any more, so we never had any of our own.

After a few years, Britney sadly found out she couldn't have children, so she directed all her motherly love towards Ben.

Ben, now 11, spends every second weekend with Paul and Britney, as well as a week in the holidays.

Whenever I remember that Ben isn't actually Paul's son, I feel a bit guilty, but seeing them together always makes me smile.

And if not for Ben, Paul and Britney would not have got to enjoy being parents.

I feel like I'm holding a precious secret and I hope the truth never comes out.

Maybe that one-night stand wasn't so bad after all.

Ben has brought joy to all our lives and I couldn't imagine life without him. ●

Shhh!

Have you got a secret? Let us know!

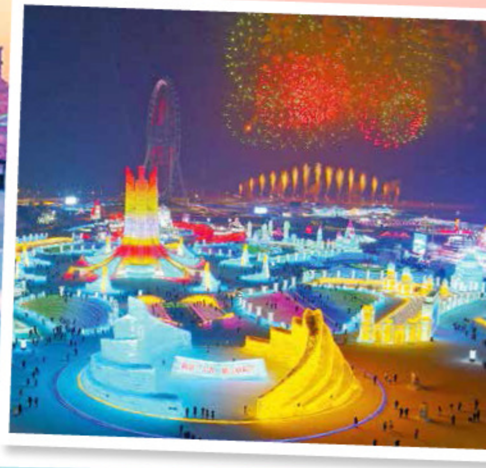
Your story will remain anonymous

thatslife@aremedia.com.au

PHOTOS: GETTY IMAGES *ALL NAMES AND IDENTIFYING DETAILS HAVE BEEN CHANGED. PHOTO RE-ENACTMENT POSED BY MODELS

Festival of FREEZE

Situated in northern China, the city of Harbin is home to the world's largest ice and snow festival. Now in its 39th year, the winter wonderland features extraordinary sculptures spread over 60,000 square metres. Attracting millions of visitors from across the globe, the festival includes snow sculpting competitions, concerts and ice sports. At night, the large sculptures are lit up, creating an unforgettable sight. The ice mostly comes from the nearby Songhua River and, with temperatures that can drop to a bone chilling -35 degrees, the festival is able to run for around two months. This year's event officially opened on January 5 and will close at the end of February, as the ice starts to melt.



World's oldest gym junkie

Need some fitness inspo? Les Savino is 100 years old and still works out every day! Speaking to today.com, Les explained, 'I don't feel like going now that I'm 100 but I still go. I know it's necessary if I want to enjoy life.' As well as weight machines, Les hits the treadmill and bike. He added, 'When I leave the gym after my three hours of exercising, I just feel so much better than when I arrived. It makes me feel good.'

Les using a weight machine

What we're...

From the *tl!* team

Reading

***Wrong Place Wrong Time* by Gillian McAllister**

Late one night, mum Jen is anxiously waiting for her 18-year-old son to come home. Then she witnesses something shocking – a murder. And her son is the killer. After an awful night in the police station, Jen falls asleep in despair. Only when she wakes up, it's yesterday. Now Jen must keep travelling back in time to stop her son's crime. I love a time travel tale, but this one was particularly clever!

Beth Young – Features Editor

GILLIAN McALLISTER
WRONG PLACE WRONG TIME
How do you stop a murder when it's already happened?

COMPILED BY OLIVE CLARK PHOTOS: HANOVER AREA YMCA; GETTY IMAGES

Author, author

Talented Freya Galati has scooped the 2022 Young Territory Author Awards – and she's just 11 years old! The self-confessed 'mega bookworm' from Darwin won $500 in prize money for her book *June Girls*, described by the judges as a 'beautifully written story'. And the budding author, who has been writing since she was five, used the cash to publish another book she wrote, *What Do Crocodiles Really Think?*

What Do Crocodiles Really Think?

Freya with her published book

MAGAZINE MILLIONAIRE

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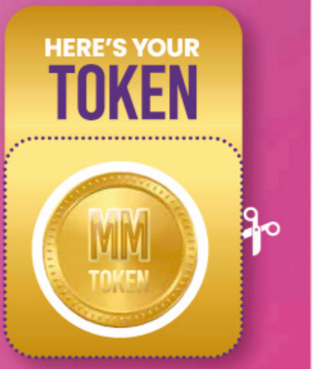

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SUN ALLERGY SHOCK

'I LIVE LIKE A VAMPIRE'

Bex loved the great outdoors, until it turned against her **Bex Bergman, 31**

Are you ready to go?' I yelled out to my oldest son, Alek, seven.

Along with my husband, David, 39, and our little boy, Jude, two, we were getting ready to go on a hike.

We'd just moved to a new area and I was keen to explore our surroundings.

As we headed off, I was in my usual get up – a tank top and shorts.

We had a great time and the boys loved racing between the trees.

But when we got home, my back began to tingle.

Heading into the bathroom, I lifted my top with my back facing the mirror. Contorting my body to catch a glimpse, I noticed a red, lumpy rash.

But the rash was only in the areas where my shirt hadn't been, like a perfect outline of my tank top.

It was also itchy and painful.

Heading to the doctor that afternoon, he was equally as confused.

'I'm sorry, this isn't something I've come across before,' he said.

Visiting another doctor, his reaction was the same.

'Maybe change your washing detergent,' he suggested.

But nothing I did worked.

In fact, it just got worse.

Every time my skin was exposed, it became unbearably painful.

After a few months of this, I was no closer to finding an answer for my mysterious condition.

One day, the sun was beaming down as I stood feeding cows on my family's farm, when I felt the familiar tingle again.

Between the straps of my top, the itch began to worsen.

It must be mosquitoes, I figured, scratching the spots of my back I could reach.

After intense scratching, the itch subsided.

Painful red welts began to emerge

'Finally,' I sighed aloud.

But before I could take in a breath of relief, the itch was back.

This time, it came with a burning intensity, something I hadn't felt before.

I ran into the house, twisting my arms around to my back, fingers outstretched, desperate for a moment of relief.

'David!' I screamed.

'Let me have a look,' he said, taking some photos of my back to show me.

The area between my shoulder blades gleamed bright red as painful welts began to emerge.

It was the only area bare to the sun.

I was in disbelief.

'Am I allergic to the sun?' I wondered.

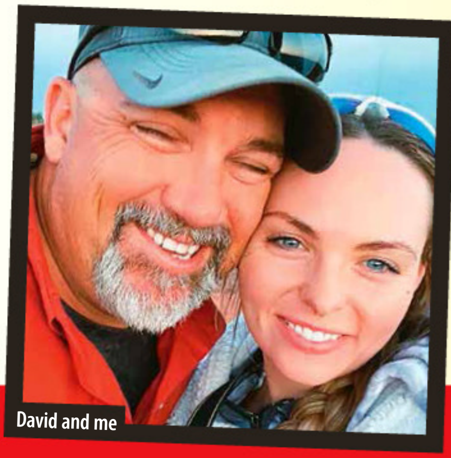
Referred to a dermatologist, I finally got the answer I'd been desperately searching for.

'It's solar urticaria – an allergy to the sun,' the dermatologist said, explaining it was an extremely rare condition.

While I was relieved it had a name, a deep confusion quickly set in.

What does this mean? Can I still go outside? Can I still play with my kids? I fretted.

But I was simply



David and me

Me dressed head to toe

AS TOLD TO SARAH FITTOCK, CATERS

Me – protected from the UV rays – with David

given instructions to take an antihistamine four times a day, and sent on my way.

At first, it worked.

I could go out into the sun and play with the boys, take long walks and even go hiking.

But after a few months, the protection provided by the medication began to dwindle. And before I knew it, my whole body became triggered by UV rays.

The rash that once only covered my back started to slowly move over the rest of my body too.

My arms, legs, hands and feet were soon covered in the bumpy red rash. Until one day I found the rash covering parts of my face as well.

So in 2020, I packed away my strappy singlets and skirts, knowing that I needed to cover up completely for the sake of my health.

Instead, I had to buy specially designed clothes that helped protect skin from the UV rays.

'Mummy needs to do this so her skin doesn't hurt anymore,' I explained to Alek and Jude.

In daylight, I was forced to walk around with heavy black clothing where only my eyes could be seen.

When people spotted me, they often stared or even turned around and walked in the other direction.

I felt like a vampire!

The only difference between me and a vampire is that I can still be seen in a mirror, I thought sadly, remembering vampires don't have reflections.

> The world was now my living nightmare

By September last year, I was so sick of living like a creature of the night that I decided to try skin hardening. I'd discovered the treatment through my own research.

So I started exposing my skin to the sun to try and build up my tolerance.

At first, I'd stand outside for a minute at a time. Then I stood for five minutes, several times a week.

It's working, I began to think.

But after standing outside for too long one day, I felt the tingle.

My skin began to burn, and the itch came back.

As my breath became short, my stomach churned violently. And after 30 minutes, I suddenly became cold, weak, and tired.

Rugging up, I was still shaking and shivering under blankets. My vision darkened as I clung to consciousness.

David drove me to the GP.

'You've suffered an anaphylactic shock,' the doctor said.

It was a week before I finally started to feel better, but the outside world was now my living nightmare.

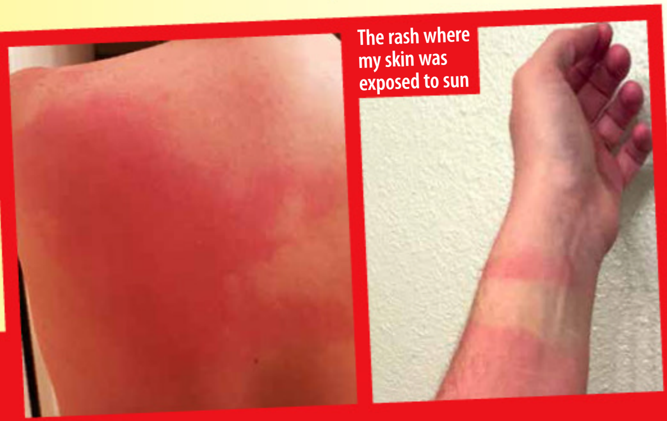
Even being exposed to UV for a second caused me to break out in hives.

I needed more protection.

So I had to fork out thousands to tint my car windows and buy new clothing to help keep me safe from the sun.

I now share my story to raise awareness about solar urticaria.

I might be a real-life vampire, but I still want to shine a light on this condition. ●



The rash where my skin was exposed to sun

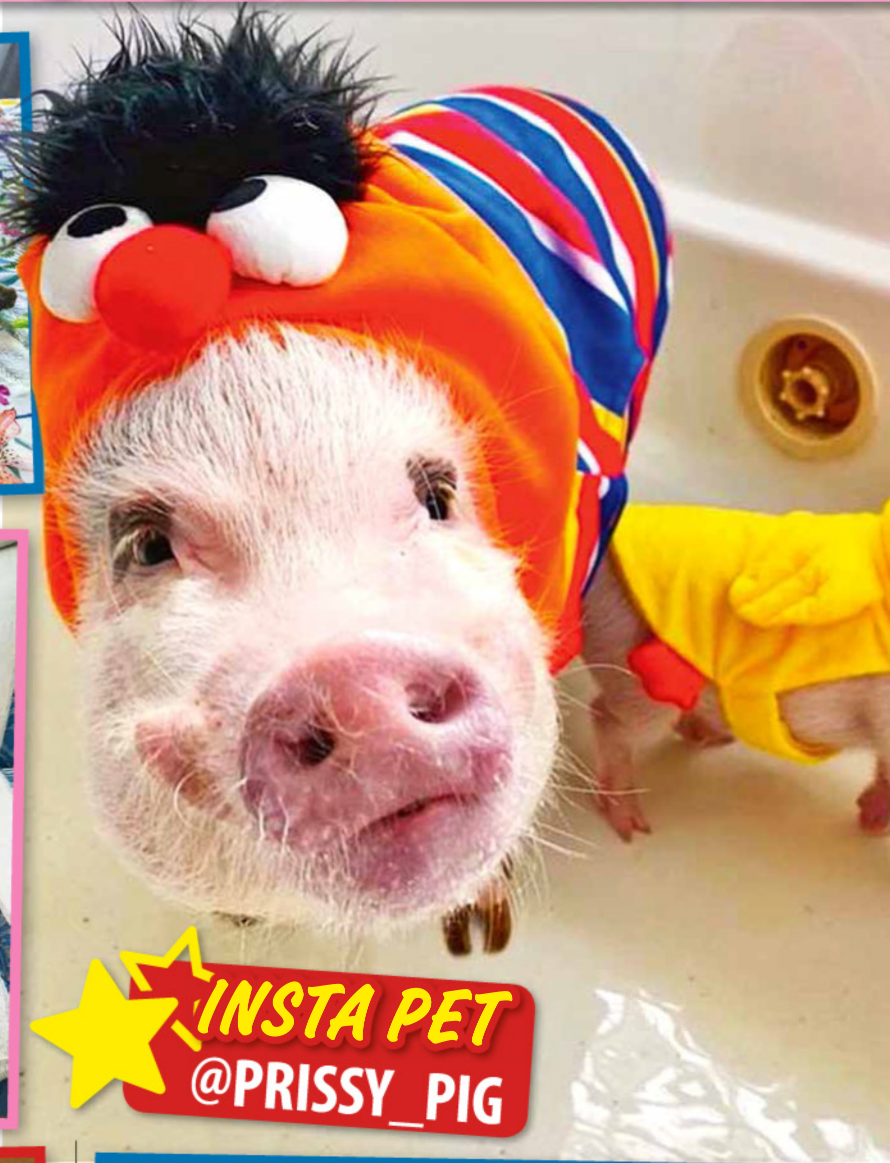
PETS ARE PAW

with Dizzy
PET EDITOR

Ollie and his brother Oscar are like two peas in a pod! *Linda Cooper, Geilston Bay, Tas*

Well, somedog has to keep an eye on things!

Digger enjoys watching the world from his seat in the sun. *Helen Tomlin, West Moonah, Tas*



INSTA PET
@PRISSY_PIG

My daughter's cat Dodger loves to cuddle up with her shoes. *Grace Waszewski, Hillarys, WA*

PAWFUL pet of the week

Penny, Bella and Dusty were rescued by the army in October when my farm flooded. My car was dragged through 5kms of floodwater with my dogs in the back. The car's not going well now, but at least we have each other. *Debbie Johnson, Barham, NSW*

It was ruff… but we're all safe now

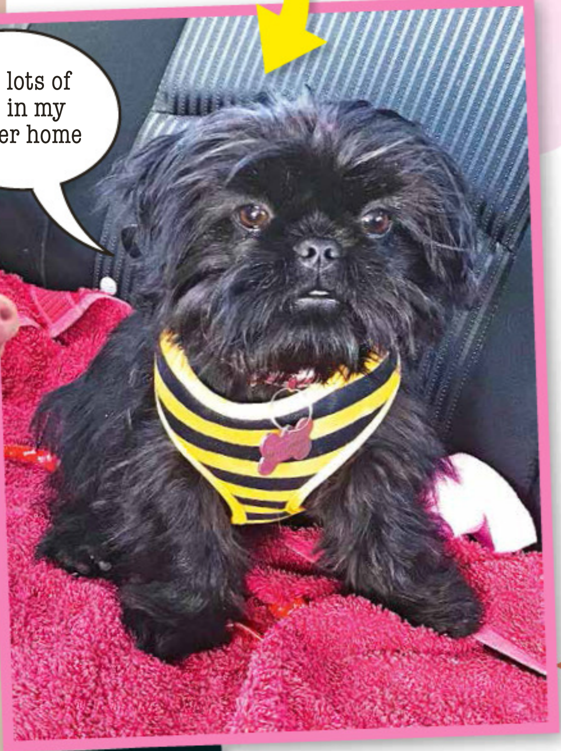
SOME!

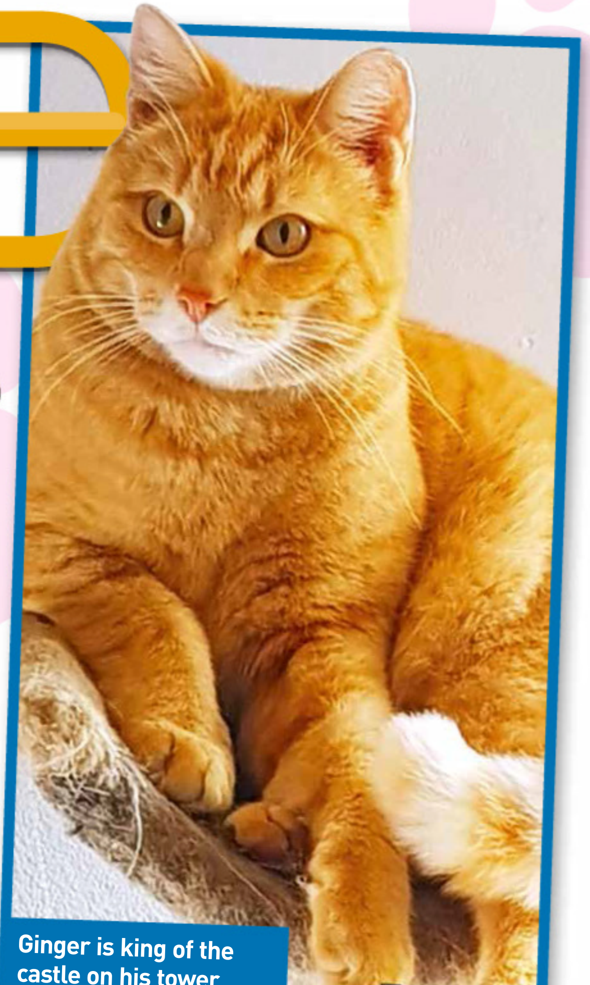
Each week we bring you the cutest pets from Instagram!

WE PAY FOR EACH PHOTO USED

Our new puppy Ebony makes us smile every day with her cute face!

Roslyn Day-Anderson, Lakewood, NSW





Ginger is king of the castle on his tower.

Leonie Peers, Georges Hall, NSW

What was the goal of Detective Duck?

To quack the case

$50 CASH

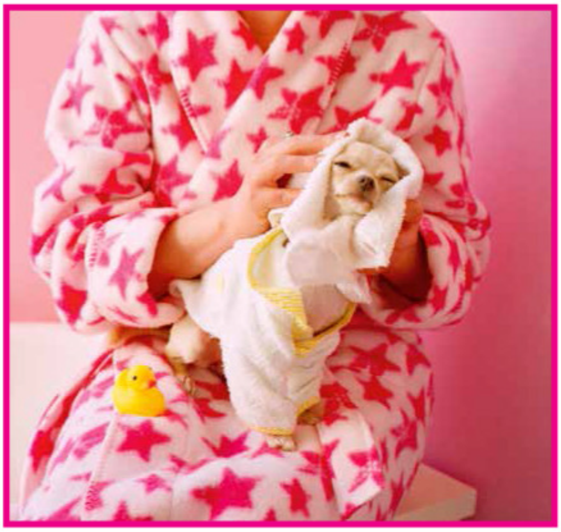
1 TO BE WON

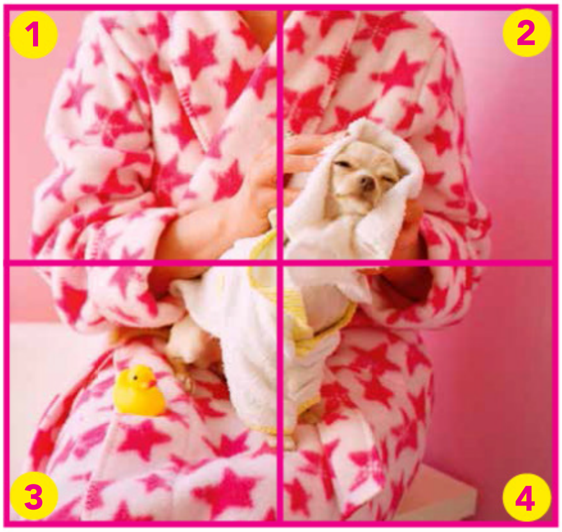
PET IN A PUZZLE

Spot the difference: PET IN A PUZZLE!

Turn to entry coupon (p50) to enter!

HOW TO WIN...
If you look at the two pictures, we've made a change to the second picture. When you have found the change, write the number of the quadrant in which the change occurs on the puzzle entry coupon on page 50 for your chance to win.





VOLUNTEER of the WEEK

A HELPING HAND

Brianna helps new mums find their confidence

Brianna Holmes, 20, Weston Creek, ACT

Thank you BRIANNA

I care for little ones

I help give mums some 'me' time

Hearing my phone ring, I saw my sister-in-law Ariah's name flash up.

Ariah, my husband Jarrad's sister, was a volunteer co-ordinator at the Perinatal Wellbeing Centre in Weston, ACT, where I lived.

'We're short a volunteer for our childcare section one day next week. Can you help out?' she asked when I answered.

I was 18, already had my working-with-children clearance from other volunteering I'd done, and the shift fitted in with my schedule at uni where I was studying psychology.

Why not? I thought.

The centre offers mental health support and services for women and families after having a baby.

Mums attending workshops and courses to help with conditions, such as postnatal depression and anxiety, have the option to leave their little ones at the onsite childcare centre.

It gives them some much needed 'me' time and means they can focus on their own thoughts and feelings, while knowing their bubs are safe just down the hall.

Arriving at the centre the following week, I was given the run-down on what to expect. And after a three-hour shift of feeding babies and changing nappies, I was absolutely exhausted.

I can only imagine how mums feel doing this all day, every day! I thought, collapsing on the couch when I got home.

While the cuteness factor of hanging out with little kids was a draw, it was a desire to help the hard-working mums that inspired me to sign up as a regular volunteer.

Now, at least once a week, I do a shift at the centre's playgroup where mums, bubs, staff and volunteers do activities together.

And the mums can chat to each other while we do finger painting or enjoy playdough with the kids. For many, it's a rare chance for a break.

> For many mums, it's a rare chance for a break

'That's the first time I've gone to the bathroom alone for weeks!' mums will often laugh.

'I can't remember the last time I drank my coffee while it was still hot,' others say, as we pour them a cup.

But playgroup is more than a hot beverage and a chinwag. As well as our fabulous staff, Mel and Renee, we also have counsellors and our wonderful Life Without Barriers worker, Margaret, on hand in case mums need a bit more support.

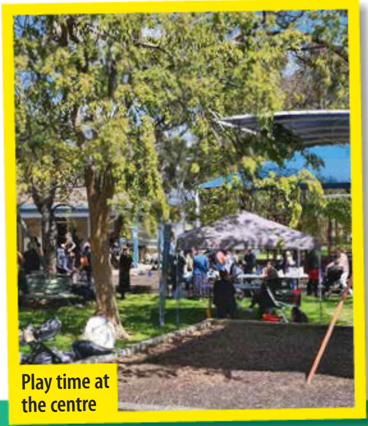
In the two years I've been volunteering, I've watched newborns grow and learn to walk and talk. And just as they change, so too do their mums – becoming less anxious and growing in confidence.

They realise there's no hard and fast 'right' way to parent, and that other parents share their self-doubt. After all, kids don't come with a guidebook!

With my uni studies and other volunteer work I do, it's nice to be able to spend some time experiencing the world through the eyes of a child – all while I'm playing a part in helping mums.

It doesn't get much better than that! ●

AS TOLD TO SAMANTHA IRELAND PHOTOS: FACEBOOK/PERINATAL WELLBEING CENTRE; SUPPLIED



Play time at the centre

The organisation

For more information see perinatalwellbeingcentre.org.au

Do you know a volunteer? Then we'd love to hear from you!

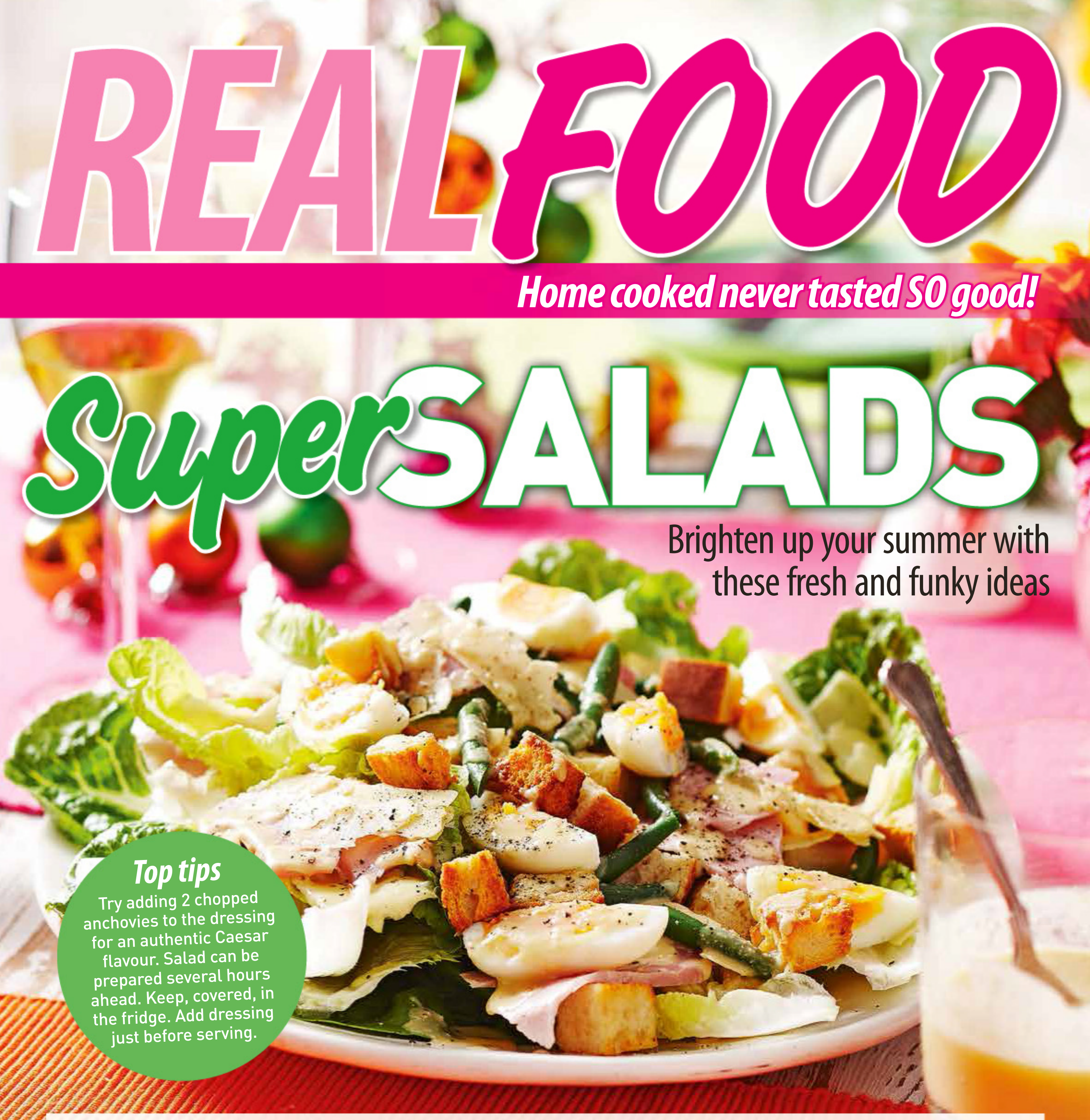
We'll pay $200 to every volunteer featured. Email volunteer@aremedia.com.au

REAL FOOD

Home cooked never tasted SO good!

Super SALADS

Brighten up your summer with these fresh and funky ideas



Top tips

Try adding 2 chopped anchovies to the dressing for an authentic Caesar flavour. Salad can be prepared several hours ahead. Keep, covered, in the fridge. Add dressing just before serving.

HAM CAESAR SALAD

SERVES 6
PREP AND COOK: 35 MINS

6 thick slices sourdough bread (200g), cut into 2cm cubes
1 tblsp olive oil
1 clove garlic, crushed
4 eggs, at room temperature
100g green beans, trimmed, halved
2 baby cos lettuce, trimmed, leaves separated
300g shaved or thinly sliced leg ham
¾ cup shaved parmesan

DRESSING

⅓ cup shaved parmesan
¼ cup olive oil
2 tblsps lemon juice
2 tsps Worcestershire sauce
2 tsps caster sugar
1 small clove garlic, crushed

1 Toss bread with oil and garlic in a large bowl. Spread over a large oven tray.
2 Cook in a moderate oven (180°C) for about 15 minutes, or until golden. Remove. Cool.
3 Meanwhile, place eggs in a small saucepan. Cover with cold water. Bring to a boil. Gently boil for 4 minutes for semi-soft boiled eggs. Transfer to a bowl of cold water to cool slightly. Peel off shells. Cut into quarters.
4 To make dressing, place all ingredients and 1 tblsp of water in a medium jug. Blend with a stick blender until smooth. Set aside.
5 Boil, steam or microwave beans until tender. Drain. Refresh in cold water, then drain well.
6 Place bread, beans, lettuce, ham and parmesan in a large bowl. Toss to combine. Transfer to a plate. Top with eggs. Drizzle with dressing.

ROASTED CAULIFLOWER SALAD

SERVES 4
PREP AND COOK: 55 MINS

1.3kg large head cauliflower, leaves removed
2 tblsps olive oil
1 tblsp Moroccan seasoning
50g baby spinach leaves
1 Lebanese cucumber, trimmed, chopped
200g punnet grape tomatoes, halved
½ cup fresh mint leaves
⅓ cup currants
¼ cup pine nuts, toasted

TAHINI DRESSING

¼ cup Greek yoghurt
2 tblsps tahini
2 tblsps lemon juice

1 Cut cauliflower into small florets. Place in a large bowl with combined oil and seasoning. Season with salt and pepper. Toss well to combine. Place on a large, oiled oven tray in a single layer.
2 Cook in a hot oven (200°C) for 25 minutes, stirring halfway, or until tender. Remove. Transfer to a large bowl. Toss through spinach.
3 Meanwhile, make dressing. Combine all ingredients with 1 tblsp of water in a small jug. Season with salt and pepper. Whisk well.
4 Add cucumber, tomatoes, mint leaves, currants and pine nuts to cauliflower. Toss to combine.
5 Just before serving, drizzle with dressing.

Make ahead
Salad, without dressing, can be made several hours ahead. Keep in the fridge. Remove 30 minutes before serving.

Great ideas
Rice and quinoa blend can be replaced with brown rice. If tomatoes are large, cut into quarters. For a change, replace rocket with baby spinach leaves, and macadamias with pepitas.

SWEET POTATO, ROCKET AND MACADAMIA SALAD

SERVES 6
PREP AND COOK: 50 MINS

¾ cup rice and quinoa blend, rinsed
3 sweet potatoes (220g each) trimmed, cut into 1cm rounds
1 tblsp olive oil
200g punnet cherry medley tomatoes, halved
1 bunch rocket, trimmed, washed, coarsely shredded
2 red radishes, trimmed, thinly shredded
½ cup chopped fresh mint
½ cup honey roasted macadamias, coarsely chopped

DRESSING

¼ cup olive oil
2 tblsps lemon juice
1 tsp Dijon mustard

1 Place rice and quinoa in a large saucepan with 2 cups of water over a high heat. Bring to a boil. Cover with lid. Simmer for about 30 minutes, or until tender and liquid is absorbed.
2 Remove pan from heat. Stand, covered, for 5 minutes. Transfer to a large bowl. Refrigerate for 1 hour, or until cold.
3 Meanwhile, toss potatoes with oil in a large bowl. Season with salt. Transfer to a large roasting pan.
4 Cook in a hot oven (200°C) for about 20 minutes, or until golden brown. Remove.
5 To make dressing, combine all ingredients in a small jug. Whisk well. Season with salt.
6 Add potatoes to rice and quinoa with tomatoes, rocket, radishes and mint. Pour over dressing. Toss well to combine. Transfer salad to a serving dish.
7 Serve sprinkled with macadamias.

CHICKEN NOODLE SALAD WITH CHILLI, LIME AND GINGER DRESSING

SERVES 4
PREP AND COOK: 30 MINS

200g packet dried egg noodles
1 barbecued chicken
2 small Lebanese cucumbers
150g snow peas, trimmed, thinly sliced lengthways
1 cup of each fresh coriander leaves and mint leaves
Lime wedges, to serve

CHILLI, LIME AND GINGER DRESSING

2 tblsps lime juice
2 tblsps rice wine vinegar
1 tblsp fish sauce
2 tsps finely grated fresh ginger
1 long red chilli, deseeded, finely chopped
1 tsp sesame oil
1 tsp caster sugar

1 Cook noodles in a large pan of boiling water for 4 minutes, or until tender. Drain. Rinse under cold water. Drain well. Transfer to a large bowl.
2 To make dressing, whisk all ingredients in a small jug. Add half the dressing to the noodles. Toss to combine.
3 Remove and discard skin and bones from barbecued chicken. Shred chicken into large pieces.
4 Cut cucumbers in half lengthways. Using a teaspoon, scrape away seeds. Thinly slice diagonally. Add to noodles with chicken, snow peas, coriander, mint and remaining dressing. Toss to combine.
5 Serve with lime wedges.

Top tips

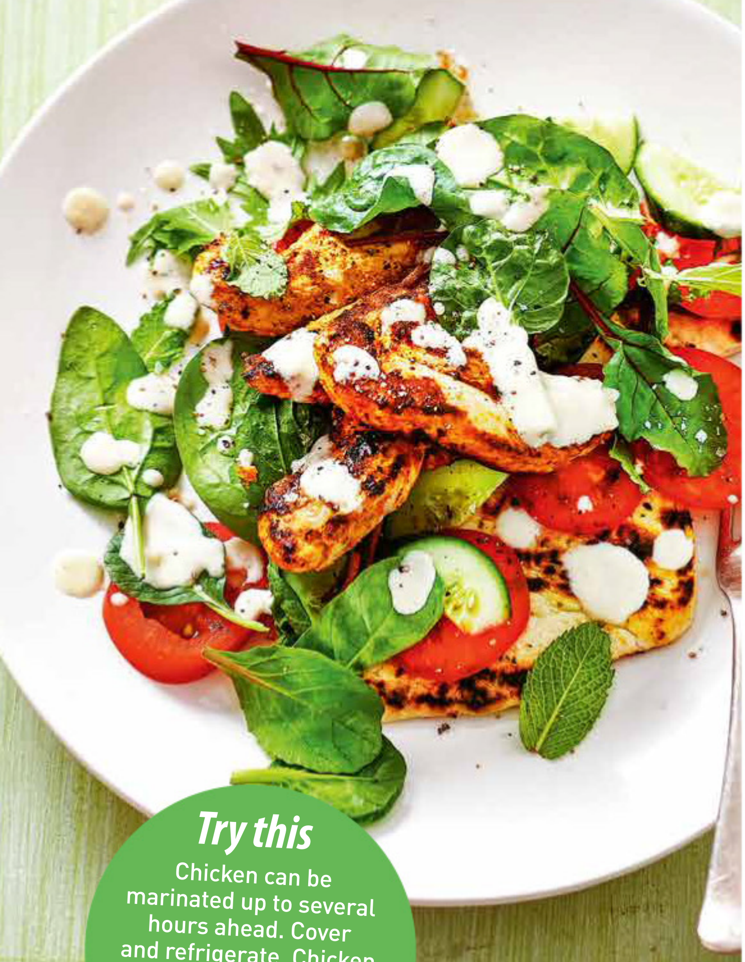
You can replace barbecued chicken with two poached chicken breasts. It's best to add remaining dressing to noodles just before serving.

CHICKEN TIKKA SALAD

SERVES 4
PREP AND COOK: 25 MINS

200g tub natural yoghurt
2 tblsps lemon juice
¼ cup tikka paste
12 chicken tenderloins
1 large Lebanese cucumber
3 roma tomatoes, thickly sliced
150g mixed salad leaves
½ cup firmly packed fresh mint leaves
2 tblsps mango chutney
250g packet garlic naan bread, warmed, quartered

1 Combine 2 tblsps of the yoghurt, 1 tblsp of the lemon juice and tikka paste in a large bowl. Add chicken. Toss to coat. Set aside to marinate while preparing the salad.
2 Cut cucumber in half lengthways. Cut each half into thin slices. Place in a large bowl with tomatoes, salad leaves and mint.
3 Heat a large, oiled, non-stick frying pan over a medium heat. Add chicken. Cook for about 4 minutes on each side, or until cooked.
4 Add chicken to salad and toss well. Season with salt and pepper.
5 Combine remaining yoghurt and lemon juice in a small jug. Stir in the mango chutney.
6 To serve, divide bread among serving plates. Top with chicken salad. Drizzle with yoghurt mixture.



Try this

Chicken can be marinated up to several hours ahead. Cover and refrigerate. Chicken thigh fillets can be used instead – make sure they're well-trimmed.

Great ideas

Beef can be replaced with chicken breast fillets or lamb leg steaks. Any short-shaped pasta can be used. Any leftover salad can be tossed with canned tuna and served for lunch.

PEPPER STEAK WITH GREEK PASTA SALAD

SERVES 4
PREP AND COOK: 25 MINS

4 x 180g beef sirloin steaks, trimmed
1 tblsp pepper steak seasoning

GREEK PASTA SALAD

250g large pasta spirals
1¾ cups chopped fresh parsley
250g punnet cherry tomatoes, halved
1 Lebanese cucumber, chopped
½ cup drained pitted kalamata olives
200g soft feta cheese, crumbled
⅓ cup bottled Greek salad dressing

1 To make salad, cook pasta in a large saucepan of boiling, salted water until tender. Drain. Rinse under cold water. Drain well. Toss with remaining ingredients in a large bowl. Season with salt and pepper.
2 Meanwhile, toss steaks in seasoning and season with salt.
3 Heat an oiled, large, non-stick frying pan over a medium to high heat. Add beef. Cook for about 4 minutes on each side, or until cooked to your liking. Remove. Rest, loosely covered with foil for 5 minutes.
4 Serve steaks with salad.

TERIYAKI LAMB WITH CABBAGE AND SPINACH SALAD

SERVES 4
PREP AND COOK: 25 MINS

2 tblsps teriyaki sauce
1 tblsp honey
8 lamb leg steaks (850g), trimmed
150g snow peas, trimmed
Toasted sesame seeds, to serve

CABBAGE AND SPINACH SALAD

¼ red cabbage (350g), shredded
60g baby spinach leaves
3 green spring onions, sliced diagonally
¼ cup bottled Japanese-style salad dressing

1 Combine teriyaki sauce and honey in a large bowl. Add lamb steaks and toss well to coat.

2 Heat an oiled, large, non-stick frying pan over a high heat. Add the lamb in two batches. Cook for 3 to 4 minutes on each side, or until cooked. Remove from pan. Rest, loosely covered with foil for 3 minutes. Cut steaks in half.

3 Meanwhile, add snow peas to a medium saucepan of boiling water. Boil for 30 seconds. Drain. Rinse under cold water. Drain well. Transfer to a large bowl with the cabbage, spinach, spring onions and dressing.

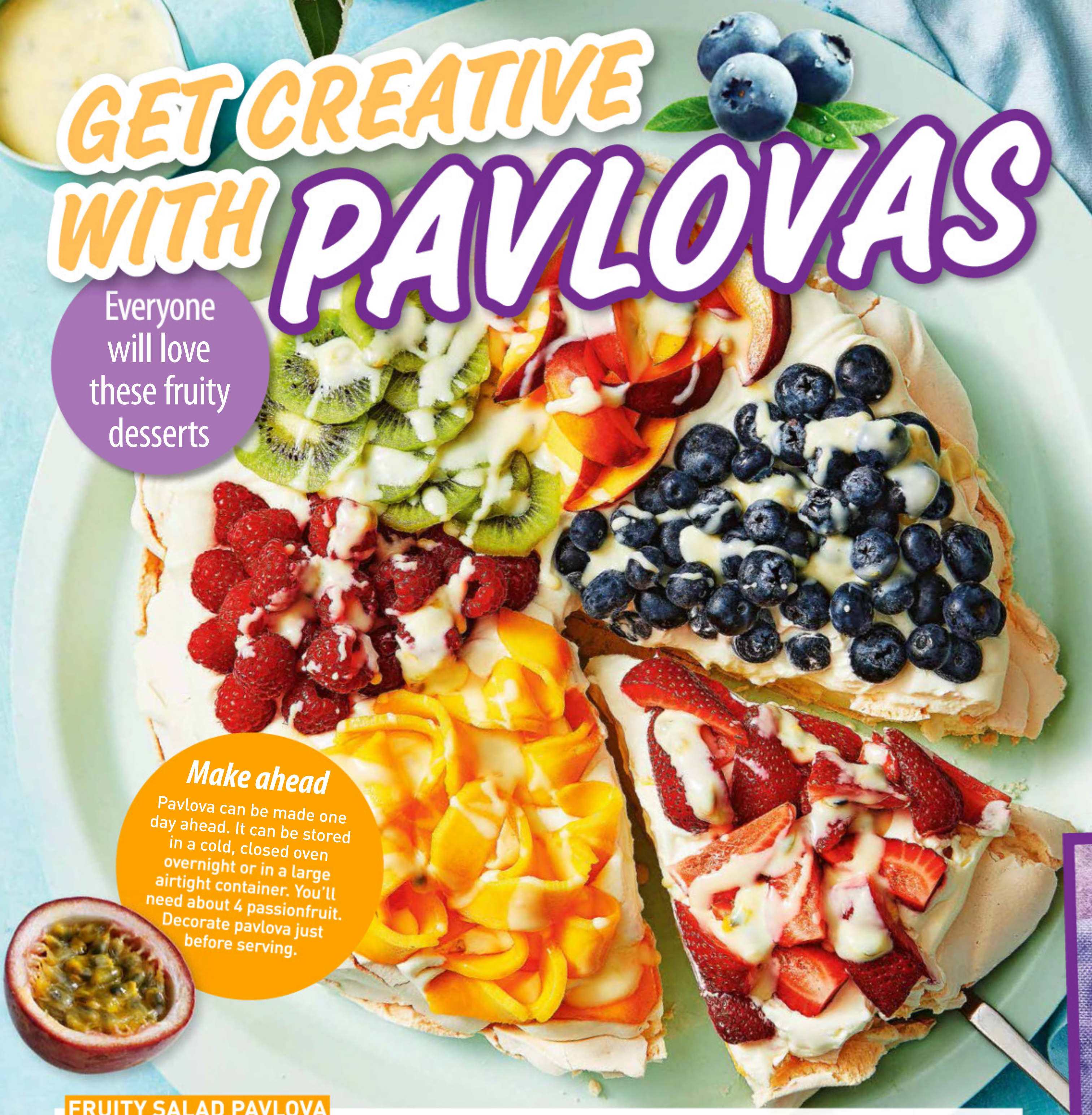
4 Serve the lamb with the cabbage and spinach salad. Sprinkle with sesame seeds.

Top tips

Try adding a sliced red chilli to the salad for a spicy kick. You can replace lamb with chicken tenderloins.

GET CREATIVE WITH PAVLOVAS

Everyone will love these fruity desserts



Make ahead

Pavlova can be made one day ahead. It can be stored in a cold, closed oven overnight or in a large airtight container. You'll need about 4 passionfruit. Decorate pavlova just before serving.

FRUITY SALAD PAVLOVA

SERVES 12
PREP AND COOK: 2 HOURS, 30 MINS

8 egg whites
2 cups caster sugar
2 tsps white vinegar
600ml tub thickened cream, whipped
Fresh blueberries, raspberries, quartered strawberries, yellow nectarine wedges, sliced mango and sliced kiwifruit, to decorate

WHITE CHOC PASSIONFRUIT SAUCE

1 cup pure cream
1 cup White Choc Melts
¼ cup fresh passionfruit pulp

1 Grease a large oven tray. Trace a 25cm-diameter circle onto a sheet of baking paper. Place onto prepared tray, trace-side down.

2 Beat egg whites in large bowl of an electric mixer until soft peaks form. With motor running. Gradually beat in sugar, 1 tblsp at a time. Continue to beat for a further 5 minutes, until thick and glossy. Beat in vinegar.

3 Spoon meringue onto traced circle on tray. Spread to edge. Smooth over top.

4 Cook in a very slow oven (120°C) for about 1 hour, 45 minutes, or until dry and crisp. Turn off oven. Cool in oven with door ajar for 1 hour. Remove. Cool completely.

5 To make sauce, place pure cream and chocolate in a heatproof bowl. Sit bowl over a saucepan of simmering water. Stir until smooth. Remove bowl and stir in passionfruit.

6 Transfer pavlova to a large plate. Spread with cream. Arrange fruit over top (as pictured). Serve with sauce.

PAVLOVA WITH CUSTARD CREAM, MANGO AND BLUEBERRIES

SERVES 10-12
PREP AND COOK: 2 HOURS

- *8 egg whites*
- *2 cups caster sugar*
- *2 tsps white vinegar*
- *1 tblsp cornflour*
- *½ tsp cream of tartar*
- *Fresh chopped mango, blueberries and toasted macadamias, to decorate*

CUSTARD CREAM

- *3 egg yolks*
- *¼ cup caster sugar*
- *2 tblsps cornflour*
- *1 cup milk*
- *1 tsp vanilla essence*
- *300ml tub thickened cream, whipped*

1 To make custard cream, whisk yolks and sugar in a medium bowl until combined. Whisk in cornflour.

2 Heat milk and vanilla in a medium saucepan until hot. Do not boil. Gradually whisk into yolk mixture until combined. Return to same pan over a medium to high heat. Cook, whisking until boiling and thickened. Transfer to a large bowl. Cover surface with plastic wrap. Refrigerate until cold.

3 Meanwhile, beat egg whites in large bowl of an electric mixer until soft peaks form. Gradually beat in sugar, 1 tblsp at a time. Continue to beat for a further 5 minutes, until thick and glossy. Gently fold in vinegar, cornflour and cream of tartar.

4 Spoon mixture onto a large oven tray lined with baking paper. Spread into a 25cm x 30cm rectangle.

5 Cook in a very slow oven (120°C) for about 1 hour and 15 minutes, or until dry and crisp. Cool in oven, with door ajar for 1 hour. Remove. Cool completely.

6 To serve, transfer pavlova to a serving plate. Fold cream into custard mixture. Spoon custard cream over top of pavlova. Decorate with fruit and nuts.

Top tips

Custard cream can be made up to one day ahead. Use a large spatula or egg flip to remove pavlova from baking paper and lift onto a plate.

Good to know

Frozen berries can be replaced with any fresh ones. Try adding 1 tsp vanilla bean paste to cream before whipping for more flavour. Dessert can be made up to one day ahead, but meringues will soften on standing.

UPSIDE-DOWN BERRY PAVLOVA

SERVES 6
PREP: 35 MINS

- *500g bag frozen mixed berries*
- *⅔ cup icing sugar mixture*
- *300ml tub thickened cream*
- *6 meringue nests*

1 Combine frozen berries and ½ cup of the sugar in a large bowl. Mix well. Stand, covered for about 30 minutes, or until berries are soft.

2 Meanwhile, beat cream with remaining sugar in the small bowl of an electric mixer until soft peaks form.

3 To serve, transfer berries to a serving bowl. Dollop over cream. Top with coarsely crushed meringue nests.

Karen Buckley
Food Editor

THIS WEEK WE'RE LOVING...

This classic treat is sure to please

Make ahead
Cake can be assembled several hours ahead. Keep refrigerated and remove 30 minutes before serving.

CHEAT'S LAMINGTON CAKE

SERVES 8
PREP AND COOK: 40 MINS

- *1 cup thickened cream*
- *460g packet 2 unfilled vanilla sponge cakes*
- *¼ cup raspberry jam*
- *1 cup shredded coconut*

CHOCOLATE FROSTING

- *125g dark chocolate, chopped*
- *150g butter, softened*
- *1½ cups icing sugar mixture*
- *¼ cup cocoa powder*

1 To make chocolate frosting, place chocolate in a heatproof bowl. Sit bowl over a saucepan of simmering water. Stir until melted and smooth. Remove bowl from heat. Cool.

2 Beat butter in a small bowl of an electric mixer until fluffy. Beat in the sugar, ½ cup at a time, until smooth. Add sifted cocoa and melted chocolate. Beat until smooth. Stir in 2 tsps of boiling water.

3 Beat cream in a small bowl of an electric mixer until firm peaks form.

4 Split sponges in half horizontally with a serrated knife. Place one sponge layer cut-side up on a serving plate. Spread with 1 tblsp of the jam, then one-third of the cream. Top with another sponge layer. Repeat the layering with the remaining jam, cream and sponge layers, finishing with a sponge layer, cut-side down.

5 Using a warm, small metal spatula, spread the chocolate frosting over the top and side of cake. Sprinkle and press shredded coconut over top and side of cake. Refrigerate for at least 2 hours, or until just firm.

ISSUE 04

PUZZLE central

26 PAGE PULLOUT

WIN! MAZDA CX-3 SUV

WORTH $26,990

1 TO BE WON

Dan & Simon

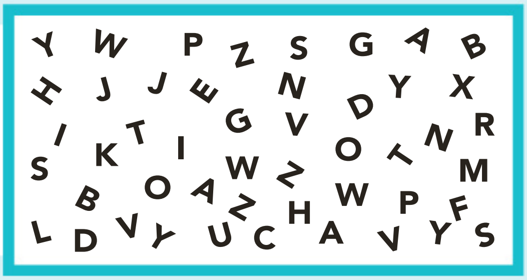
We would love to hear from you. Email us at *thatslife@aremedia.com.au*

FEATURES

- 16 inch wheels
- Halogen headlamps
- Keyless push-button engine start
- Cruise control
- Bluetooth® hands-free phone
- Steering wheel audio controls
- Rear parking sensors

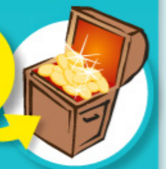
No.1

HOW TO WIN... One letter of the alphabet cannot be found in the grid. When you know which one it is, write that letter only on the entry coupon and you could be a winner.


Y W P Z S G A B
H J J E N Y X
D
I T G V N R
S K I O T M
W Z
B O A W P F
Z H
L D V Y U C A V Y S

No.2

Treasure Chest!


This is NOT it – keep looking!

HOW TO WIN... The Treasure Chest is hidden somewhere on another page of the magazine, but where? Hint: It will not be on a puzzle page. The one you're looking for is smaller than the one shown here. Write the page number where you found it on the entry coupon and you could win! See inside for puzzle terms and conditions.

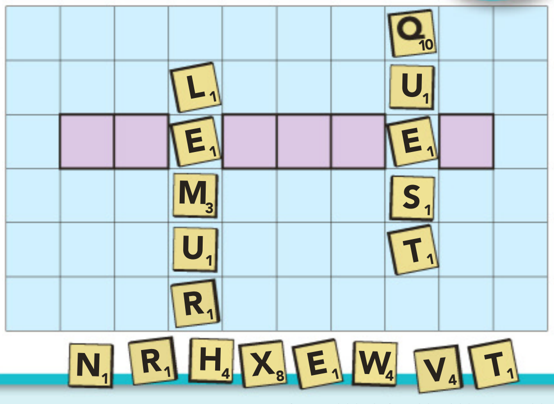
WIN! $100 CASH

No.3 Lenovo ThinkBook Laptop

WORTH $2709

HOW TO WIN... Use the letters at the bottom of the grid to form a word in the lilac squares that has a total score value of 17. Each letter can be used only once, however there may be letters left over that won't need to be used. For your chance to win, write the word that totals 17 only on the entry coupon.

WE are PUZZLES


L1 E1 M3 U1 R1
Q10 U1 E1 S1 T1
N1 R1 H4 X8 E1 W4 V4 T1

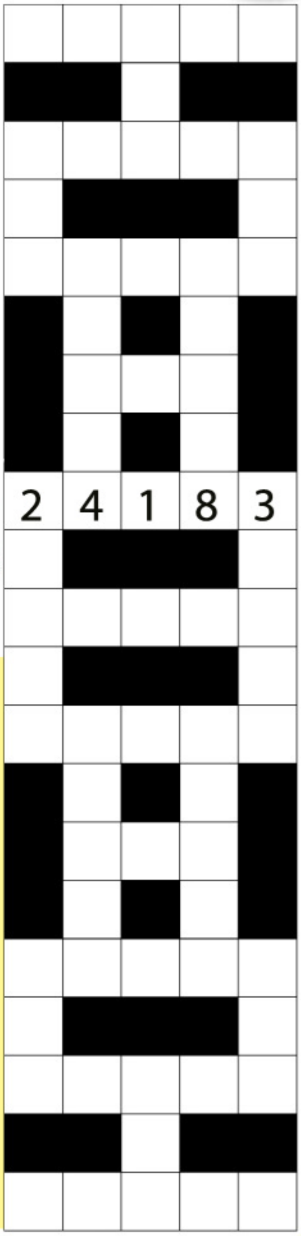
Visit *aremedia.com.au/competitions* for terms and conditions. Authorised under: NSW:TP/00018, SA:T22/1339, ACT:TP 22/01642.

No. 4

Samsung Smart TV

WORTH $1017

HOW TO WIN... Fit the listed number sequences into the grid. We've filled in one number sequence to get you started. One number sequence, however, will not fit. When you've worked out what it is, write this sequence of numbers only on the entry coupon for your chance to win.



NUMBER LIST

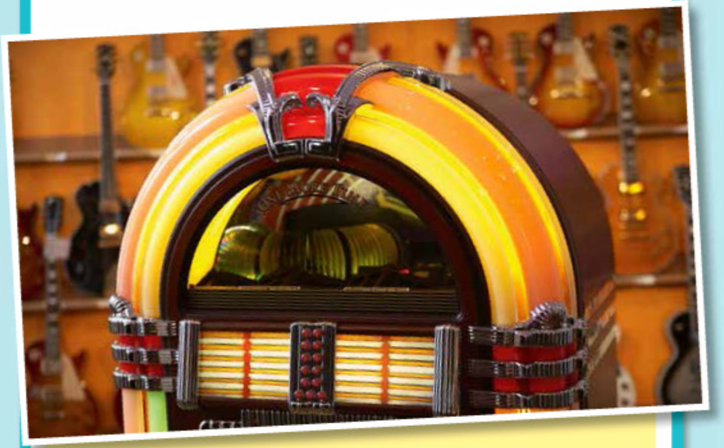
THREE DIGITS	FIVE DIGITS
231	24135
294	~~24183~~
304	27567
356	30314
377	35641
536	46931
809	48836
918	51269
	55216
	55347
	73374
	73681
	84413
	87691
	96718
	99612

No. 5

Trivia Quiz

WIN! $90 CASH

HOW TO WIN... Test your wits against our quizmaster and see how many questions you can get right. For a chance to win our prize, write the answer to number one only on the entry coupon. The rest of the answers are at the bottom of the page.



1 What is the name of this music-playing machine?

2 What star sign would you be if you were born on August 1?

3 In American currency, what is a nickel worth?

4 Who wrote the children's book *Where The Wild Things Are*?

5 Who was the Greek god of the underworld?

6 What two ingredients are used to make a ganache?

7 Brussels is the capital city of which country?

8 To the nearest kilometre, how long is a marathon race?

9 Stevie Wonder and Paul McCartney sang together in which song?

10 What gas is most prevalent in the air we breathe?

ANSWERS: 1 Winning answer, 2 Leo, 3 Five cents, 4 Maurice Sendak, 5 Hades, 6 Chocolate and cream, 7 Belgium, 8 42km, 9 *Ebony and Ivory*, 10 Nitrogen.

No. 6

Scatter Word

WIN! $50 CASH

HOW TO WIN... There are seven flowers with letters on them scattered over the Puzzle Central pages. Once you've found them all, rearrange the letters to spell a word. Write this word on the coupon for a chance to win.

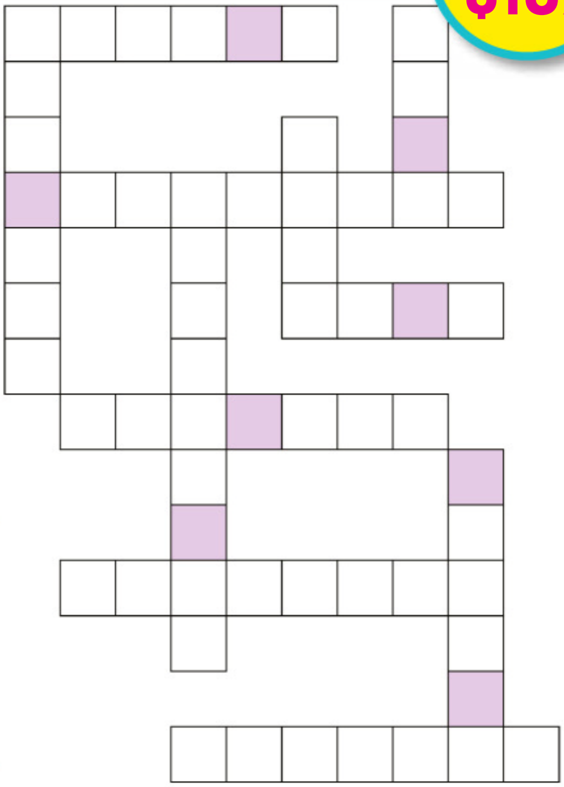
No. 7

Kambrook Air Fryer

WORTH $189

HOW TO WIN... Here's a puzzle dedicated to weather. Simply slot the words into the grid. There is only one eight-letter word and only one place it will go. When the puzzle is complete, the letters in the coloured squares, when rearranged, will spell another word. Write this word only on the entry coupon.

AirChef
KAMBROOK



WORD LIST

FOUR LETTERS	SIX LETTERS	SEVEN LETTERS	EIGHT LETTERS	NINE LETTERS
Rain	Breeze	Cyclone	Sunshine	Hurricane
Snow	Cloudy	Drizzle		Lightning
Warm		Thunder		

No. 8

Garmin Fenix Pro Smart Sports Watch

WORTH $1149

HOW TO WIN... Read the clues and strike out all the words on the wall that fall into the listed categories. You will be left with one word remaining on the wall. Write this word only on the entry coupon and you could be a winner.

ALT 2148
FENIX
SAT 01
10
10
BARO 1025
HR 68
NOW 37°
BATT 100

Glad Fedora Laundry Tuba
Man Helium Flute Cheerful Beret
Piano Attic Ball Gold
Merry Board Bonnet Freckle Kitchen
Visor Study Carbon Thrilled
Silver Guitar Ecstatic Sombrero Flake
Basement Oxygen Shoe Joyous

CLUES

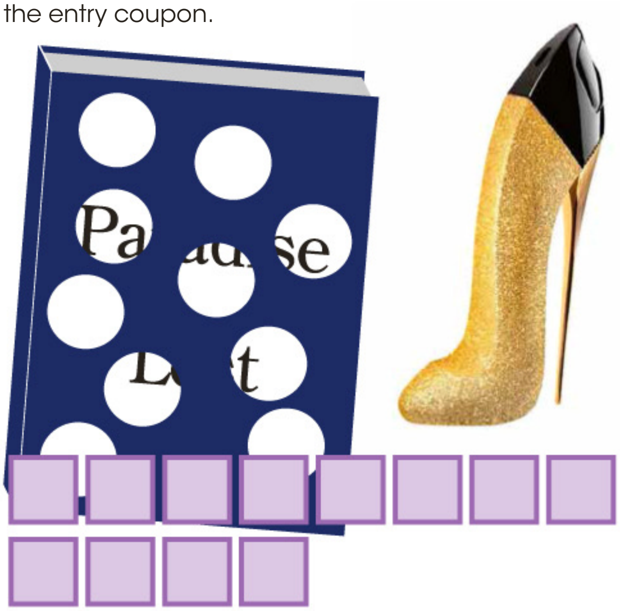
1 Rooms of a house
2 Words that can go after 'snow' to make a new word
3 Hats
4 Synonyms of 'happy'
5 Elements on the periodic table
6 Musical instruments

No. 9

Ladies Fragrance

WORTH $198
10 TO BE WON

HOW TO WIN... A worm's been eating holes through some famous books, revealing small glimpses of the title page beneath the front cover. By using the portions of the letters you can see through the holes, work out the title of this epic poem by John Milton. Write this title only on the entry coupon.

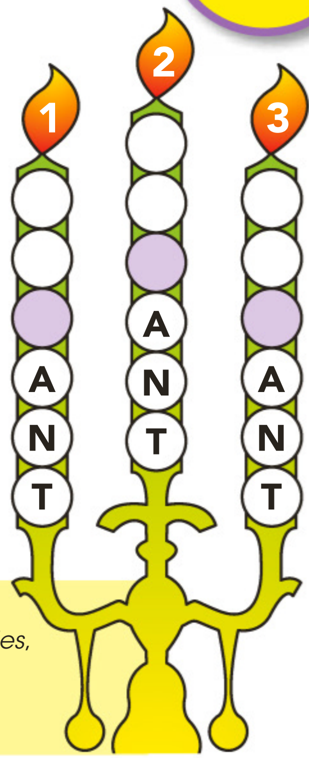


No. 10

Diamond Ring

WORTH $999

HOW TO WIN...
The answers to this puzzle all end with the letters 'ant'. When the puzzle is complete, the letters in the coloured row will spell a word. For a chance to win, write this word only on the entry coupon.



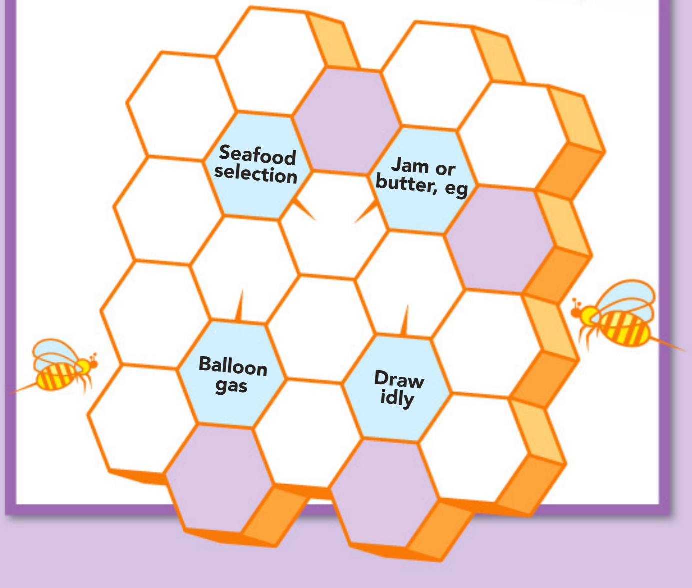
CLUES
1 *Teenage — Ninja Turtles,* '80s TV series
2 Flexible, supple
3 Renter, leaser

No. 11

VS Sassoon Hair Dryer

WORTH $89

HOW TO WIN... Each of the clues in our honeycomb has a six-letter answer. Write the answers clockwise in the spaces around the appropriate clues, starting at the one marked by the pointer. When the puzzle is complete, the letters in the lilac spaces, reading from left to right and top to bottom, will spell a word. Write this word only on the entry coupon and you could be a winner.

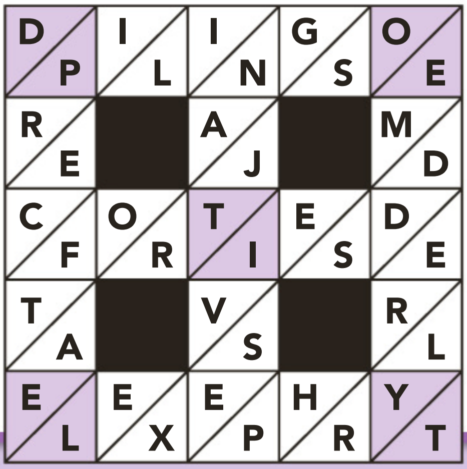


No. 12

Queen Quilt Cover Set

WORTH $199

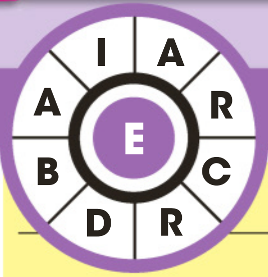
HOW TO WIN... Cross out the incorrect letters in each square to end up with a crossword grid full of real words. When the grid is complete, the letters in the coloured undeleted triangles, reading left to right and top to bottom, will spell a word. Write this word only on the coupon and you could be a winner.



D / P	I / L	I / N	G / S	O / E
R / E	■	A / J	■	M / D
C / F	O / R	T / I	E / S	D / E
T / A	■	V / S	■	R / L
E / L	E / X	E / P	H / R	Y / T

No. 13

BlueAnt Earbuds



WORTH $229

HOW TO WIN... Using all the letters in the grid, find the nine-letter word for an obstacle. For a chance to win, write the nine-letter word on the entry coupon. Now, just for fun, see how many other words of three or more letters you can find in the grid. In making a word, each letter can be used only once and every word must contain the centre letter. Proper nouns are not allowed.

This week's target: 0-7 words, better luck next time; **8-14** words, good; **15-21** words, very good; **22-28** words, excellent; **29+** words, genius!

No. 14

Spelling Test

HOW TO WIN...
We have given you the definition of a word and only one of these spellings is correct. When you know which one it is, write the letter next to it on the entry coupon for your chance to win.

WORDS

- **A** Coaless
- **B** Colesce
- **C** Coalless
- **D** Coalesce

Definition: Unite to form one body

No. 15

Bathrobe Set

WORTH $339

HOW TO WIN...
All of the consonants from the film title below have been taken out. Use the given letters to fill in the spaces. Each letter may be used only once. When you have filled in all of the consonants and worked out what the film is, write this title only on the entry coupon for your chance to win.

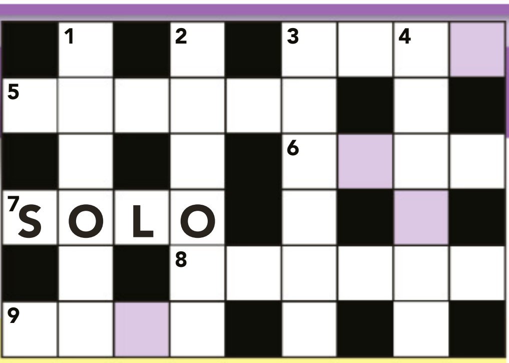
C K N N T Z

	I		I		E				A		E

No. 16

Dinner Set

WORTH $149



HOW TO WIN...
There are no clues to this crossword – instead we've given you a choice of three words that could fit into each space of the grid. By crosschecking against intersecting words, work out which of the three words is the correct one. We've filled in one word to get you started. When all the words are in the grid, the coloured squares, reading left to right and top to bottom, will spell a word. Write this word only on the entry coupon for your chance to win.

ACROSS
3 Ache • Milk • Salt
5 Amidst • Immune • Redden
6 Rack • Seek • Sick
7 Halo • Pool • ~~Solo~~
8 Cycled • Inched • Recall
9 Shoe • Then • Were

DOWN
1 Kibosh • Kimono • Smooth
2 Adjoin • Brooch • Galore
3 Attach • Meshed • Strict
4 Hockey • Locker • Wheels

No.17

Win! $20,000 MONSTER CROSS

HOW TO WIN... The theme of this Monstercross is New Zealand, and all the highlighted picture clues refer to this topic. When you've filled in the puzzle, the letters in the lilac squares, reading left to right and top to bottom, will spell the name of a city related to the puzzle theme. Write this answer on the entry coupon.

ACROSS

1 Team performing the haka in box A (3,6)
6 Cup winners (9)
11 Instructive exercises (7)
15 As stated above (5)
16 Any person (7)
17 As well, also (3)
18 Russell —, *Gladiator* star (5)
19 Purchase (3)
20 Respectful title (3)
21 Apple's inner (4)
22 Transmits, posts (5)
23 Melt in water (8)
24 Bottle top (3)
27 Religious factions (5)
29 Bye in Bordeaux (5)
30 Shows, uncovers (5)
34 Traditional 36 Down pit cooking method (5)
36 Third month (5)
37 Frighten (5)
38 Dietary requirement (7)
39 Theatrical play (5)
40 Land of the Long —, another name for this puzzle's theme (5,5)
45 Child (6,3)
49 Publishes (6)
52 Behind —, old-fashioned (3,5)
54 Semi-aquatic winged insect (9)
56 Pull out feathers (5)
57 Plant stalk (4)
60 Spicy sauce (5)
62 Bungee —, popular Queenstown activity in box B (7)
64 Strength, power (5)
66 Colouring liquids (4)
68 Disapproving sound (3)
70 Activity undertaken with a parachute (9)
72 Apparatus for going to the past or future (4,7)
75 Totally drench (8)
76 False teeth (8)
81 Indexed with stickers of different hues, eg (6-5)
85 Tumbling like a waterfall (9)
88 — and outs, details (3)
89 Swallow quickly (4)
90 Cairo's country (5)
91 Cost (7)
93 Jittery, jumpy (5)
95 Flight —, airplane's route (4)
99 Geometric corner (5)
100 Transportable bed (9)
103 Apron-like dress (8)
105 36 Down greeting (3-3)
107 Principles of integrity (9)
111 Capital city of this crossword's subject
114 Burn with water (5)
116 For the reason that (7)
117 Robber (5)
120 Raggedy Ann and Barbie, etc (5)
121 German river (5)
122 Snarl like a dog (5)
123 Slumbering sound (5)
125 Nasal tone (5)
130 Massage (3)
132 Opened with a key (8)
135 Tempest (5)
136 Political coalition (4)
137 Chinese pot (3)
140 Protrude (3)
141 Embed (5)
142 Compete against (3)
143 Shoelace holes (7)
145 Backbone (5)
146 Angelic, extremely virtuous (7)
147 — *Rings*, movie series in box C filmed in New Zealand (4,2,3)
148 With great speed (9)

DOWN

1 Saudi language (6)
2 Woman (4)
3 Ointment (6)
4 — encounter, Martian meeting (5)
5 Stitch (3)
6 Circus jesters (6)
7 Recommended (7)
8 Employee's bonus (coll.) (4)
9 Fashion ensemble (6)
10 Blemishes (5)
11 Customer from the nearby region (5)
12 Coastlines (6)
13 Lyric poems (4)
14 Summer slacks (6)
25 Iran formerly (6)
26 Most jolly (8)
28 North American nation (6)
30 Prohibits (4)
31 Peaceful, tranquil (6)
32 Thin pancake (5)
33 Alter, modify (6)
34 More difficult (6)
35 Principles, standards (6)
36 Aotearoa native in box D (5)
40 Canine guardian (8)
41 Toddler (3)
42 Tell what to do (7)
43 Fertile desert patch (5)
44 Carried out (3)
45 Meadow (3)
46 Group of soldiers (5)
47 Banded quartz (4)
48 Scout new areas (7)
50 Gets under the skin of (4)
51 Song, melody (4)
53 Santa's staff (5)
55 Rearranges, reshuffles (6)
58 Polynesian carving (4)
59 Creates (5)
61 Licorice-like flavour (7)
63 Acquires (4)
65 And so forth (3)
67 — thin ice, tempt fate (5,2)
69 Enjoying together (7)
71 — Newton, physicist (5)
73 — Square Garden, Manhattan arena (7)
74 Food from the gods (5)
77 Hot news story (5)
78 Rim, cusp (4)
79 Devious plan (6)
80 — Bonaparte, French emperor (8)
82 Fibre fluff (4)
83 Purpose (3)
84 Tyrannise (7)
86 *Mona Lisa* artist (2,5)
87 Great relish (5)
92 Go in (5)
94 Oust (5)
96 Opposing (4)
97 Angel's aura (4)
98 Cambodia's continent (4)
101 Belonging to him (3)
102 Uncooked (3)
104 Thick mist (3)
105 OK by Jewish law (6)
106 Lessen, decrease (6)
108 Not anyone (6)
109 Most populous city of this puzzle's theme (8)
110 Bongos, etc (5)
112 Sweet spice (6)
113 Septet number (5)
115 Liberia's landmass (6)
118 Not outside (6)
119 Sporting offence (4)
124 Regard highly (7)
125 Drying cloths (6)
126 Throat (6)
127 Space rock (6)
128 Olive Oyl's beau (6)
129 Buff, burnish (6)
131 Gaseous fuel (6)
133 Buy over time (3-2)
134 Polite, diplomatic (5)
136 Foundation (5)
138 Bird in box E (4)
139 Main character (4)
140 Quick planes (4)
144 Dine (3)

WINNING CITY

☐☐☐☐☐☐☐☐☐☐☐☐

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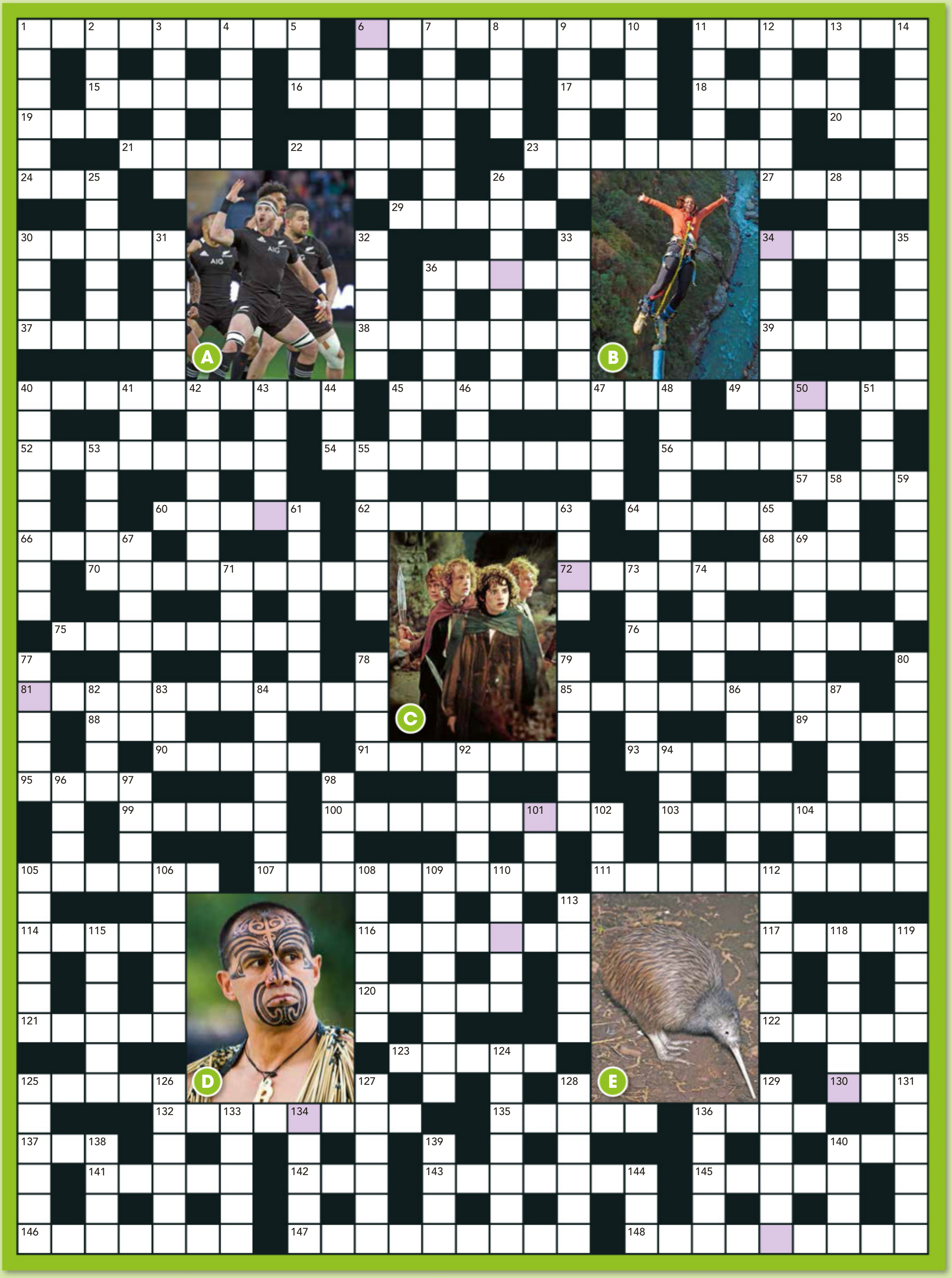

A
B
C
D
E

No. 18

Beer variety	↓	Not asleep	Four-poster, eg	↓	Humble	Babe ---, baseball icon	↓	Donkey
Toils	→	↓	↓			↓ R		Consume
→					Take advantage →	U		↓
Stitched	Skilled	→				T	Ajar	
Avoid	Blood vessel		Scam (coll.)		Blazing, sizzling →	H	↓	▨
→	↓		↓ ▨		Weather	Give a grade to		As it ---, so to speak
Perjurer		Assistant		Sailing team	→ ↓	↓		↓
→		↓		Road, avenue	→			
Fool (coll.)	→				▨		--- Spelling, actress	
Spanish party	Taverns		Brogue or loafer, eg	--- out, distribute	→ M	E	↓ T	E
→	↓		↓			Stalin's realm (1,1,1,1)		Oceanic defence force
Jakarta's nation		Mixtape (coll.)		Veer	→	↓		↓ ▨
→		↓						
Witness	→			Large barrels	Dutch cheese		Bread bun	
Chilled	Points of view		Irish county	→ ↓ ▨	↓		↓	
→	↓					Bette Midler film		Santa's helper
Baby's apron		Terri Irwin's kid	Clark ---, actor	→		↓		↓
→		↓	Aroma	→				
Pen tip	→		↓	Fleshy roots	Feel sore		Sour, acidic	
Not precise	→				↓		↓	Pod vegie
Poem	→		▨	Lad, fellow	→			↓
→				At this place	→			
Apartment		Afternoon doze	→				▨	

Arrow Word

WIN! $70 CASH

HOW TO WIN... Write your answers in the direction of the arrows. When the puzzle is complete, the letters in the coloured squares, reading left to right and top to bottom, will spell a word. When you've worked out what it is, write this word only on the entry coupon for a chance to win.

No. 19

Seven Pairs

WIN! $70 CASH

HOW TO WIN... In the middle pair of squares, write two letters that will complete two six-letter words, reading across. We've put in one pair to show you how it's done. When complete, the seven sets of entered letters will spell a film (2,4,2,2,4), reading from left to right and top to bottom. Write this title only on the entry coupon and you could be a winner.

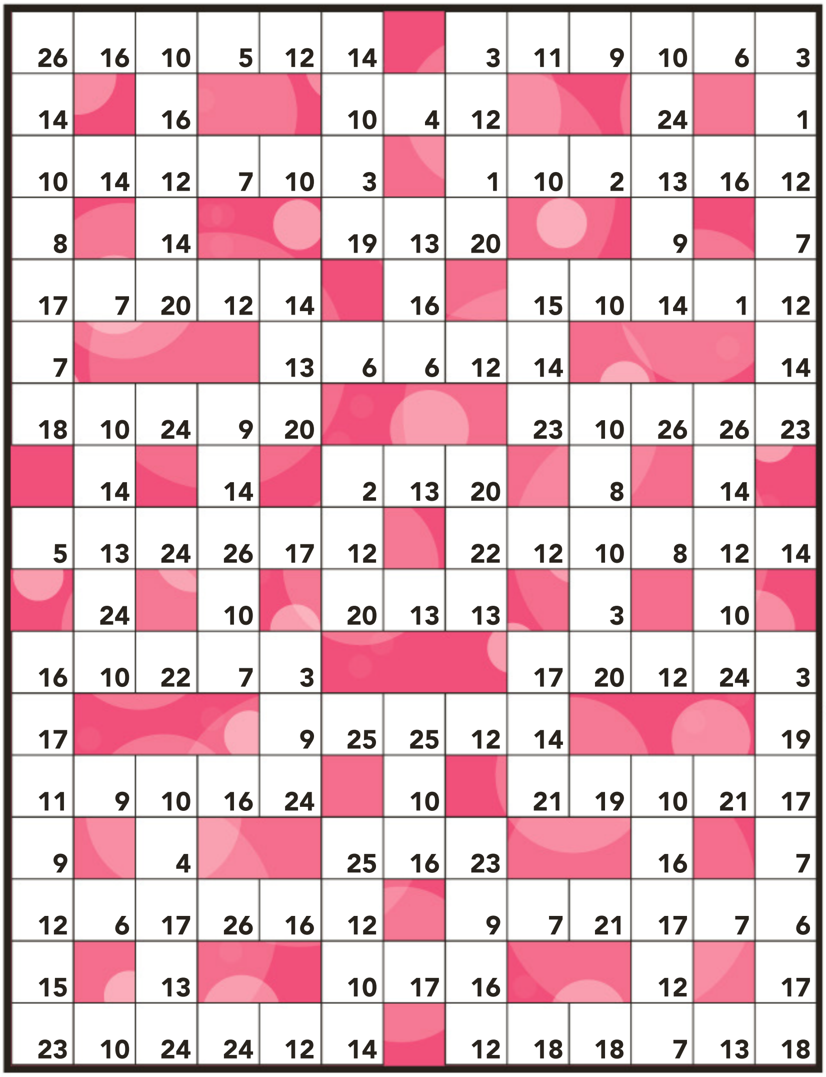
ER			ER
SE			ON
DU			NG
LA			ON
EX	O	D	US
NO			LE
WE			EL
FI			CO
GU			AR
ST			CH
DI			ST
UR			NT
OU			ET
JE			AM

No. 20

Bissell Robotic Vacuum

Get your brain into gear and have fun cracking the code!
SIMON

WORTH $499



26	16	10	5	12	14		3	11	9	10	6	3
14		16			10	4	12			24		1
10	14	12	7	10	3		1	10	2	13	16	12
8		14			19	13	20			9		7
17	7	20	12	14		16		15	10	14	1	12
7				13	6	6	12	14				14
18	10	24	9	20				23	10	26	26	23
	14		14		2	13	20		8		14	
5	13	24	26	17	12		22	12	10	8	12	14
	24		10		20	13	13		3		10	
16	10	22	7	3				17	20	12	24	3
17				9	25	25	12	14				19
11	9	10	16	24		10		21	19	10	21	17
9		4			25	16	23			16		7
12	6	17	26	16	12		9	7	21	17	7	6
15		13			10	17	16			12		17
23	10	24	24	12	14		12	18	18	7	13	18

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

Letter Checker

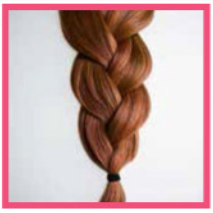
1	2	3	4	5	6	7	8	9	10	11	12	13
						N						
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
R												B

HOW TO WIN... Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to help you on your way to cracking the code, so you'll see that B=26, N=7, and R=14. Write these letters wherever the corresponding numbers appear in the grid and you should then be able to start working out what the other missing letters are. Use the Letter Checker box to keep track of the letters you've decoded. You'll notice that all 26 letters of the alphabet are used and you can strike through each one as you decode it. When you have filled in the Letter Checker, _six consecutive letters_ will spell a word. Write this word only on the entry coupon for your chance to win.

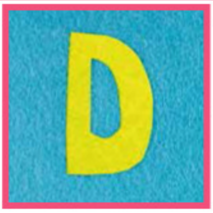
No. 21

Sunbeam Kettle

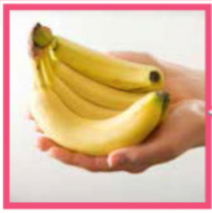
HOW TO WIN... Put the three pictures together to form the title of a popular sitcom (3,5,5). Write this title only on the entry coupon and you could win our prize.



+



+



WORTH $179

CASH heaven!

CASH to be won for each puzzle

No. 23

Crossword

WIN! $60 CASH

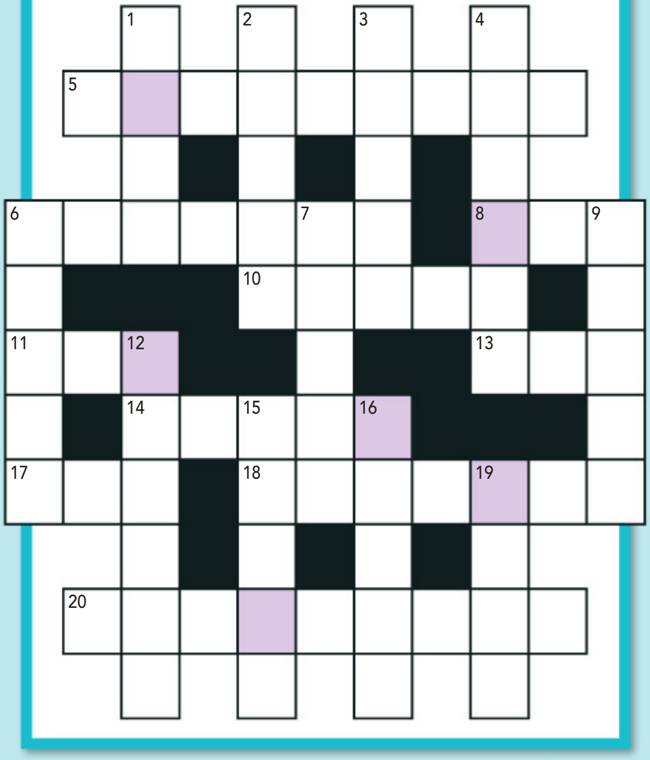
HOW TO WIN... When the puzzle is complete, the letters in the lilac squares, reading left to right and top to bottom, will spell a word. Write this word on the entry coupon for your chance to win.

ACROSS

5 Bearded dog (9)
6 Curved sword (7)
8 Aussie TV channel (1,1,1)
10 Inexpensive (5)
11 Stomach muscles (abbr.) (3)
13 Coy, bashful (3)
14 Shore (5)
17 Coniferous tree (3)
18 In a piercing voice (7)
20 Bent wire designed to hold pages together (9)

DOWN

1 Shoo (4)
2 — Day, April public holiday (5)
3 Female's wallet (5)
4 Recharts (6)
6 Grain husks (5)
7 Be quiet! (5)
9 Bashfully (5)
12 Classic horror film series (6)
15 Embers or soot (5)
16 Spencer —, actor (5)
19 Meat cut (4)

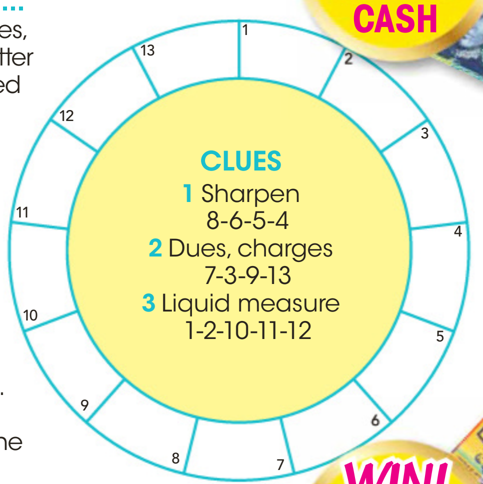


No. 22

Word Wheel

WIN! $80 CASH

HOW TO WIN... Answer the clues, writing each letter in the numbered section of the ring. When complete, the letters will spell a fictional character (5,2,6) reading clockwise from number 1. Write this character on the entry coupon.



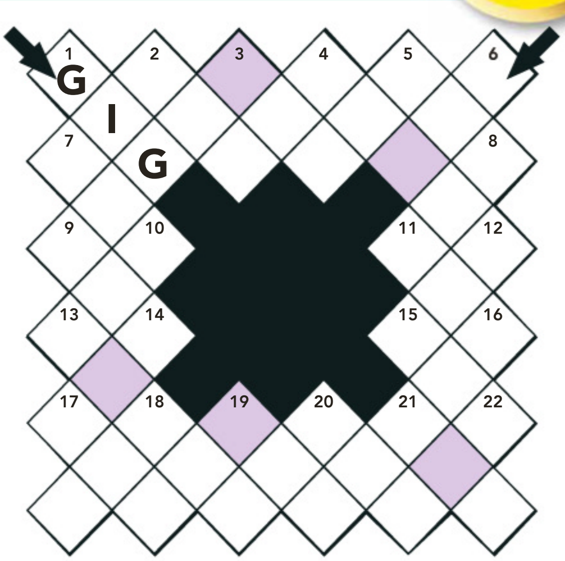
CLUES

1 Sharpen
8-6-5-4
2 Dues, charges
7-3-9-13
3 Liquid measure
1-2-10-11-12

No. 24

Mini Corner

WIN! $100 CASH



HOW TO WIN... The answers to this puzzle read diagonally to the right or left – just follow the arrows. When the grid is complete, the letters in the lilac squares, reading left to right and top to bottom, will spell a word. Write this word only on the entry coupon.

CLUES THIS WAY ↘

1 Band performance (3)
2 — up, dress in one's best (3)
3 Sunbeam (3)
4 Soak (5)
5 Small drink (3)
7 Actor's prompt (3)
9 Brownie (3)
11 Curved line (3)
13 Toys on strings (5)
15 Aged (3)
17 Suddenly! (coll.) (3)
19 *Top* —, film (3)
20 Bleat (3)
21 Finale (3)

CLUES THIS WAY ↙

2 Nervous spasm (3)
3 Knave (5)
4 Droop, wilt (3)
5 Pig enclosure (3)
6 Contend (3)
8 Podded legume (3)
10 Large deer (3)
12 Expert (3)
14 Lie (3)
16 Make spotless (5)
18 Levy (3)
19 Precious rock (3)
20 Coach (3)
22 Genetic material (1,1,1)

No. 25

Word Tracer

WIN!
$50
CASH

1 R	U	B	S	P	A	N
I	C	Y	R	3 X	E	D
D	A	S	E	Y	L	O
O	L	L	P	O	H	P
H	O	I	P	N	E	S
T	R	D	S	T	P	C
E	M	A	D	6 Y	M	A
S	T	E	R	A	E	P
M	A	Z	U	K	D	A

HOW TO WIN... The answer to each clue below appears in the grid. The first answer begins with the letter next to the number 1, following to an adjacent square horizontally or vertically (but not diagonally). Each answer begins with the last letter of the previous answer. We've numbered a few squares in the grid to help you. Once complete, the leftover letters, beginning with the final letter of answer EIGHT, will spell a word. Write this word on the entry coupon and you could be a winner.

CLUES

1 Dorothy's magic footwear (4,8)
2 Lightweight clothing material (7)
3 Percussion instrument (9)
4 Wild adventure (8)
5 —headed, foolish (5)
6 Japanese criminal (6)
7 Capital of the Netherlands (9)
8 Systematic (10)

No. 26

Logic Puzzle

WIN!
$40
CASH

HOW TO WIN...

Five royals were at a high stakes poker game. Work out the title of each royal, and what they wagered at the poker game. Read the clues and use the grid to record any information. Place a tick in a box if you have any definite positive information and a cross for any definite negative information. For example, you learn that Daryl was a duke, so we have placed some logical ticks and crosses in the grid. Fill in the smaller grid and work out what Blake's royal title was (which is the lilac space in the lower grid) and write this answer on the entry coupon.

CLUES

1 Daryl was a duke, but didn't have a crown to wager
2 The Marquess wagered their pure white stallion in the poker game
3 The Baron wasn't the one who wagered a handful of prized rubies
4 Cameron, certain he would win, wagered his fortress
5 Ashley was a countess and didn't raise the ante with the official sceptre
6 Blake, with only a pair of twos, played it safe and wagered some gems

		Title					Wager				
		Baron	Countess	Duke	Marquess	Princess	Crown	Fortress	Gems	Sceptre	Stallion
Royal	Ashley			×							
	Blake			×							
	Cameron			×							
	Daryl	×	×	✓	×	×					
	Eddy			×							
Wager	Crown										
	Fortress										
	Gems										
	Sceptre										
	Stallion										

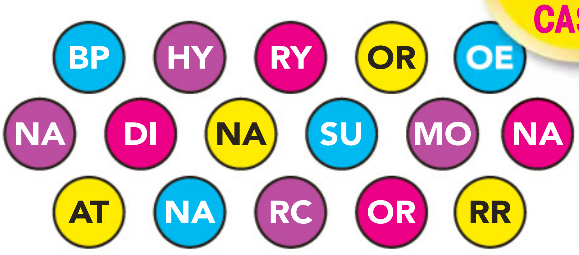
Royal	Title	Wager
Ashley		
Blake		
Cameron		
Daryl		
Eddy		

No. 27

Match Ups

WIN!
$75
CASH

HOW TO WIN... Mixed up in the circles are four words containing the letters 'NA', each eight letters long and made of the same coloured circles. For a chance to win, write the one that would appear FIRST in an alphabetical list on the entry coupon.



No. 28

Sudoku

HOW TO WIN... In a sudoku each 3 x 3 box, as well as each row and each column, must contain all the numbers 1 to 9. For a chance to win, work out the number in the coloured square and write that number on the entry coupon.

4	9	5	3					
6		7		4				5
			6	1			4	
	6	3	▨		1			
	5		8		3		2	
			2			5	9	
	7			2	9			
1				5		3		9
					8	2	1	6

No. 29

Nokia Mobile Phone

WORTH $449

HOW TO WIN... Each of the words on the left-hand side of the grid contains a hidden four-letter word. You do not need to rearrange any letters. Locate the hidden words and write them in the spaces provided on the right. The letters in the lilac squares, reading down, will spell a word. Write this word only on the entry coupon for your chance to win.

	Hidden word			
Investor	▨			
Gauntlet		▨		
Soldier			▨	
Currently				▨
Announce			▨	
Hamburger		▨		
Revenge	▨			

No. 30

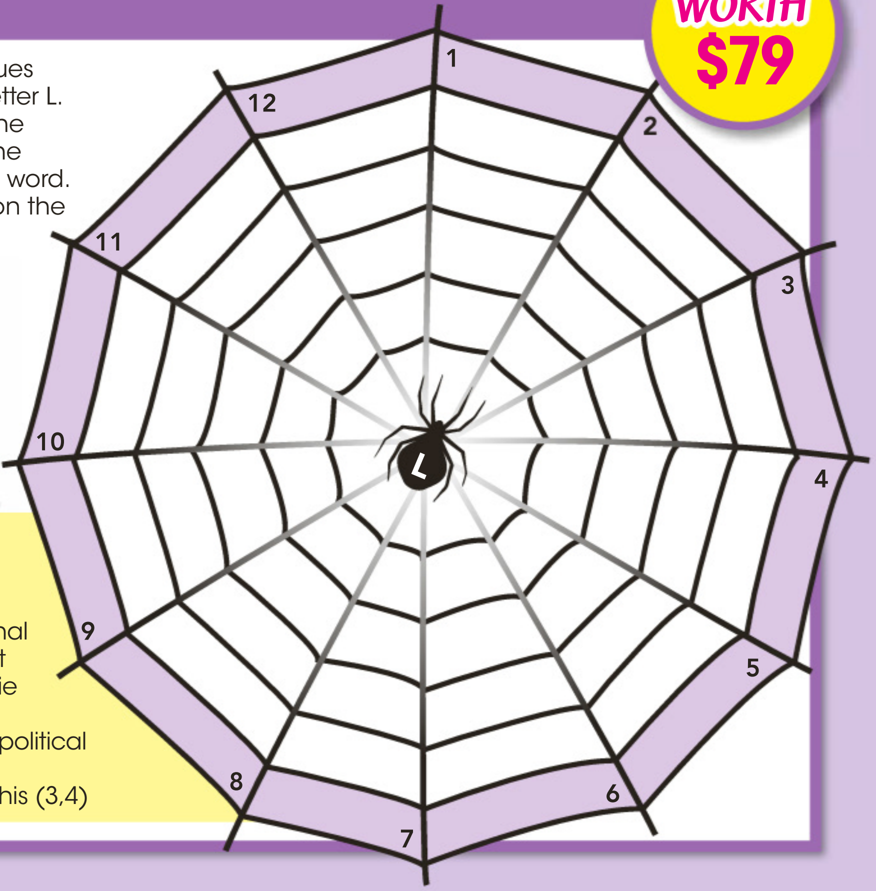
Sunbeam Hand Blender

WORTH $79

HOW TO WIN... The answers to the listed clues are all seven letters long and end with the letter L. Write them into the appropriate wedges of the spider's web. When the puzzle is complete, the letters in the coloured outer circle will spell a word. For your chance to win, write this word only on the entry coupon.

CLUES

1 Sun umbrella
2 Highest naval rank
3 Solo musical performance
4 Curly vine shoot
5 First, primary
6 Crème —, baked custard dessert
7 Odd, strange
8 Sensical, rational
9 Spray can mist
10 — Crowe, Aussie film star
11 Peter Dutton's political party
12 If —, consider this (3,4)



Dan's CHOICE

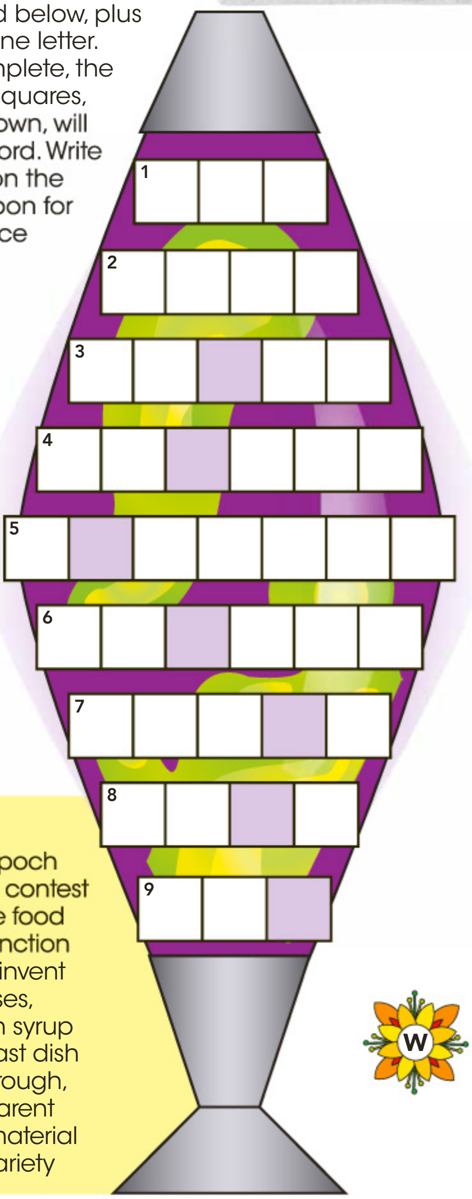
Try your hand at my pick of this week's tricky brain work-outs!

No. 32

Towel Set

WORTH $227

HOW TO WIN...
Solve the clues and write the answers in the numbered rows. All the solutions are anagrams of the word immediately above and below, plus or minus one letter. When complete, the coloured squares, reading down, will reveal a word. Write this word on the entry coupon for your chance to win.



CLUES
1 Age, epoch
2 Speed contest
3 Provide food at a function
4 Make, invent
5 Molasses, golden syrup
6 Breakfast dish
7 See-through, transparent
8 Doily material
9 Beer variety

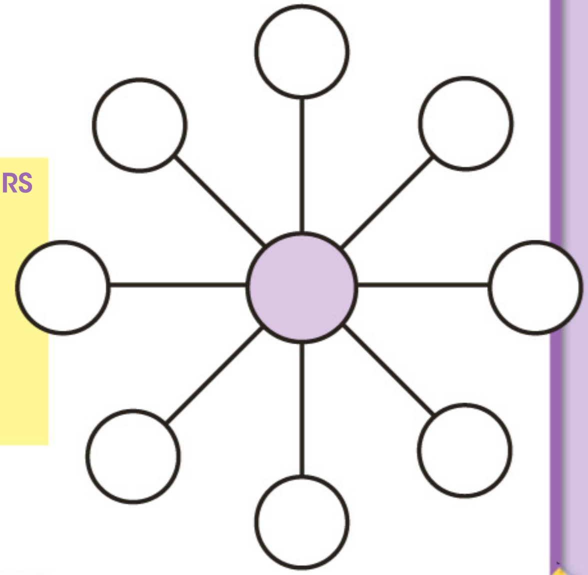
No. 31

Solar Orbit

WIN! $50 CASH

HOW TO WIN... Work out which two letters are missing from the list in order to make four words when fitted in the grid. Write the listed pairs of letters into the circles so that each line running through the centre produces a six-letter word. Write the two letters that would appear in the centre of the grid on the entry coupon for a chance to win.

LETTERS
AT
BA
GA
IE
NU
OL
OO
ZO

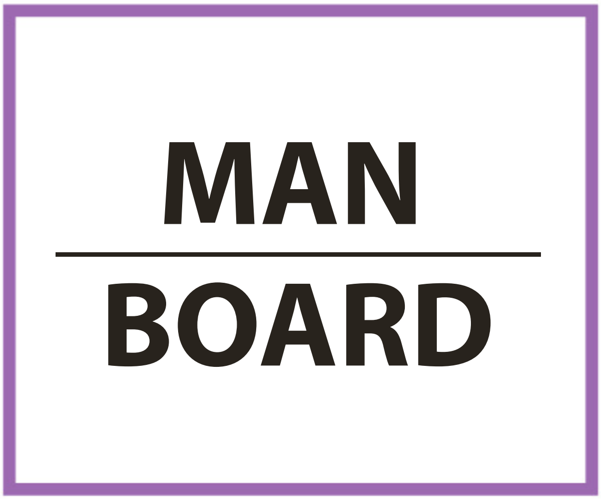


No. 33

Secret Saying

WIN! $50 CASH

HOW TO WIN...
Work out what phrase (3,9) is being represented by the image in the box. Write this phrase only on the entry coupon for your chance to win.

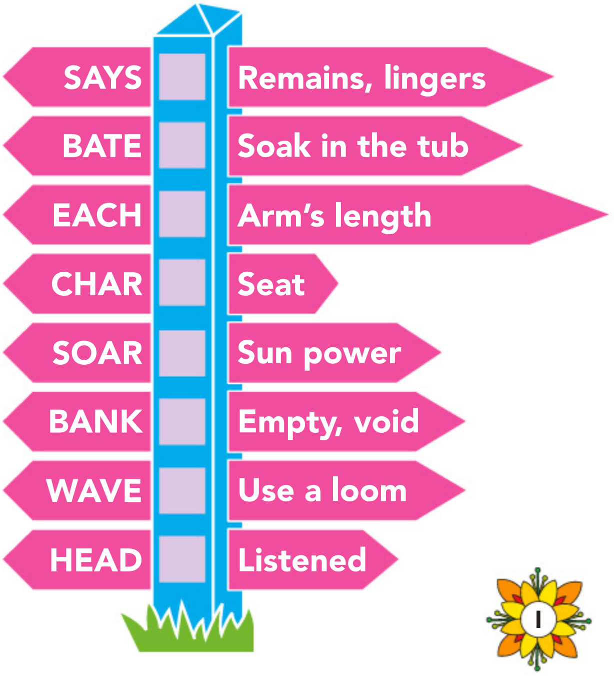


No. 34

Pole Position

WIN! $70 CASH

HOW TO WIN...
The answer to each of the eight clues is a five-letter word. Add one letter to the four-letter word on the left to create a new word reflecting the clue. Write just the letter added in the shaded box. When you have done this, a word will appear reading from top to bottom. Write this word only on the entry coupon and you could be a winner.



SAYS		Remains, lingers
BATE		Soak in the tub
EACH		Arm's length
CHAR		Seat
SOAR		Sun power
BANK		Empty, void
WAVE		Use a loom
HEAD		Listened

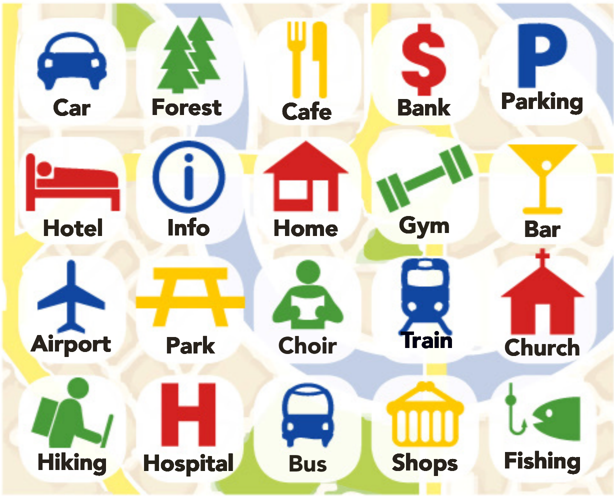
I

No. 35

Coordinates Map

WIN! $50 CASH

HOW TO WIN... Use the clues listed to determine the winning location. When you know which the winning location is, write its name only on the entry coupon and you could win a prize.



Car	Forest	Cafe	Bank	Parking
Hotel	Info	Home	Gym	Bar
Airport	Park	Choir	Train	Church
Hiking	Hospital	Bus	Shops	Fishing

CLUES: The winning location is:

1. Not green
2. Not in the top row
3. Not a form of transport
4. Directly below a blue icon
5. An icon that begins and ends with the same letter

No. 36

Stanley Rogers Cookware Set

WORTH $369

HOW TO WIN...
Rearrange the letters in each line of the first grid to form a new word and write it in the second grid. When you are done, a word will appear in the coloured column, reading top to bottom. Write this word only on the entry coupon and you could be a winner.

1	I	K	I	B	N	I
2	H	L	T	I	G	F
3	L	A	E	C	N	C
4	Z	I	C	A	O	D
5	E	X	L	D	U	E
6	T	Y	P	R	E	O

1					
2					
3					
4					
5					
6					

BONUS! BONUS! BONUS!

No. 37

Diabolical Fill-In

WIN! $50 CASH

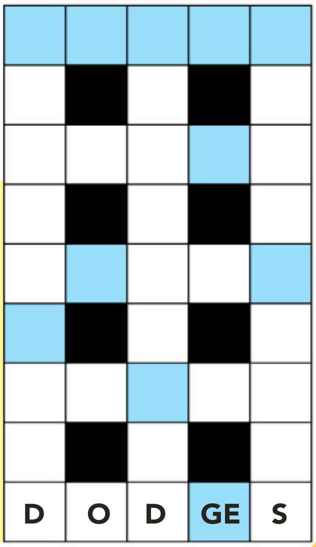
HOW TO WIN... Slot the words into the grid. The coloured squares contain EITHER one or two letters, while the white squares contain ONLY one letter. We've given you one word to get you started. When complete, there will be one word left over. Write this word on the entry coupon.

WORD LIST:

FIVE LETTERS
React
Tarot

SIX LETTERS
Barter
~~Dodges~~

TEN LETTERS
Atmosphere
Attributed
Generation
Reiterates
Splattered



🟦	🟦	🟦	🟦	🟦
	■		■	
			🟦	
	■		■	
	🟦			🟦
🟦	■		■	
		🟦		
	■		■	
D	O	D	GE	S

No. 38

Letter Equations

WIN! $60 CASH

HOW TO WIN... The letters A-F each have an individual 1-6 value! We have given you one number to get you started. Using the equation clues in the centre, your task is to deduce the value of the remaining letters. For a chance to win, write down the letter represented by the number 6 on the entry coupon.

A	B - E	
B	D^2	
C	A+F-B	
D	E + E	2
E	F - C	
F	A x D	

No. 39

In the Middle

WIN! $50 CASH

HOW TO WIN... In each line of this puzzle, you need to find a word that can come after the word on the left, and before the word on the right. We have filled in one line to show you how it's done. When you have completed the puzzle, the first letter of each of the centre words will spell a hidden word. Write this word only on the entry coupon for your chance to win.

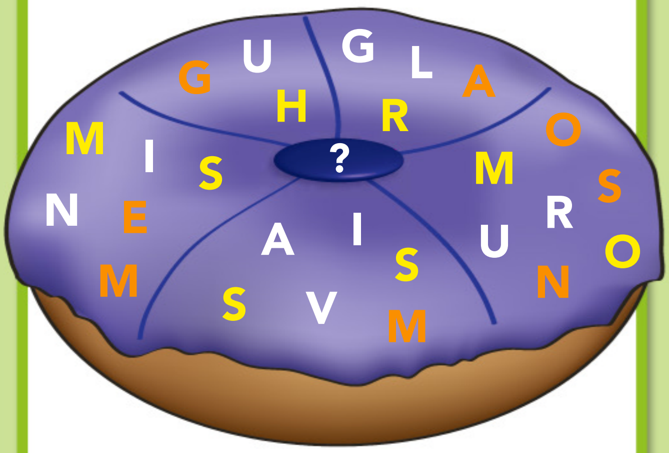
Love	☐ ______	Throb
Private	☐ ______	Candy
Entry	☐ ______	Pegging
Cast	☐ ______	Age
Sponge	☐ ______	Tin
Indian	☐ ______	Liner
Guinea	☐ ______	Headed
Red	☐ ______	Measure
Bald	E agle	Eyed
Waiting	☐ ______	Service

No. 40

Hit the Spot

WIN! $50 CASH

HOW TO WIN... Each group of letters in the five segments of the doughnut below, when combined with the shared unknown centre letter, will spell a word that means 'big'. For your chance to win, write the centre letter only on the entry coupon.



Last-minute jackpot!

Try your luck – you could win cash!

No. 41

Cross Maths

WIN! $75 CASH

HOW TO WIN... Place the numbers three, six, nine and twelve into the grid so that the two rows across and two columns down form the correct equation. Numbers can be used only once. All calculations are positive whole numbers and should be performed in order from left to right and top to bottom. Work out which number goes in the lilac square and write this number on the coupon for your chance to win.

	x		=54
+		÷	
	–		=9
=18		=3	

No. 42

Word Hunt Mix Up

WIN! $50 CASH

HOW TO WIN...
Cross out all the letters in the frame below that appear more than once!
When you have done that, the leftover letters, when rearranged, will spell a seven-letter word. Write this word only on the entry coupon for your chance to win.

B J O T L E S
Q M W F U
Z V R X B A J D
H C X X Z P Z Q
E U S F U R B
X I J G
L Y X Z W Y X V
N P Q T Q B H
F C A J V X C P K

No. 43

Word Pairs

WIN! $80 CASH

HOW TO WIN... Pair up words in the list to make the names of common birds. There are 17 words in the list, so there will be one left over. Write this leftover word only on the entry coupon for your chance to win.

WORD PAIRS

Black
Bowerbird
Crimson
Fairy
Frogmouth
Galah
Kookaburra
Laughing
Lorikeet
Penguin
Rainbow
Rosella
Satin
Swan
Tawny
Wagtail
Willie

No. 44

4x4

WIN! $40 CASH

HOW TO WIN... Four of the five words listed can be inserted into the grid so that the same four words can read both horizontally and vertically. One word, however, will not fit. When you've worked out what it is, write this word only on the entry coupon for your chance to win.

WORD LIST
Ajar
Erne
Gave
Glue
Vain

No. 45

Misphrased

WIN! $70 CASH

HOW TO WIN... Find the missing words for each of the following sayings and write that word in the space provided. When you have worked out all of the missing words, the first letter of each answer, reading down, will spell a word. Write this word only on the entry coupon for your chance to win.

___________ count your chickens before they hatch

A bed of ___________

___________ dog has it's day

The calm ___________ the storm

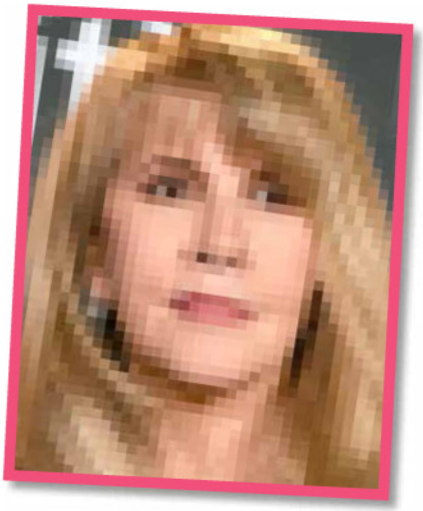
What goes up ___________ come down

No. 46

Who Am I?

WIN! $50 CASH

HOW TO WIN...
Rearrange the given letters to spell the name of our pictured singer (6,5). Write this name only on the entry coupon for your chance to win.



"NICE SKI VEST!"

No. 47

Odd One Out

WIN! $50 CASH

HOW TO WIN...
One of the words listed does not belong with the others. When you have worked out which one does not belong, write this word only on the entry coupon.

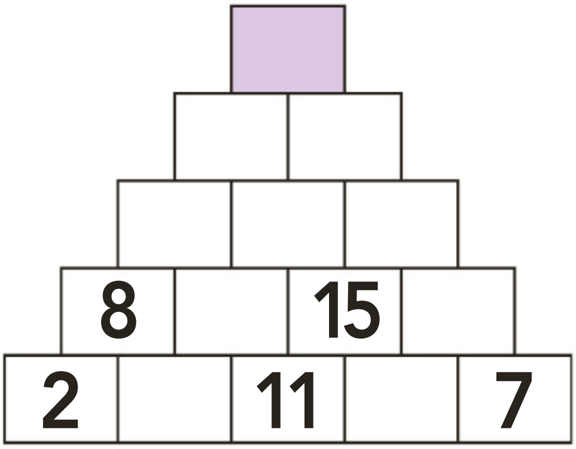
BEAK
HOOTER
SCALLOP
SNOOT
SNOUT

No. 48

Number Pyramid

WIN! $60 CASH

HOW TO WIN...
Each block in the pyramid contains the sum of the two blocks upon which it sits. Fill in the blank blocks to reach the top of the pyramid. Write the number in the top box on the entry coupon for your chance to win.



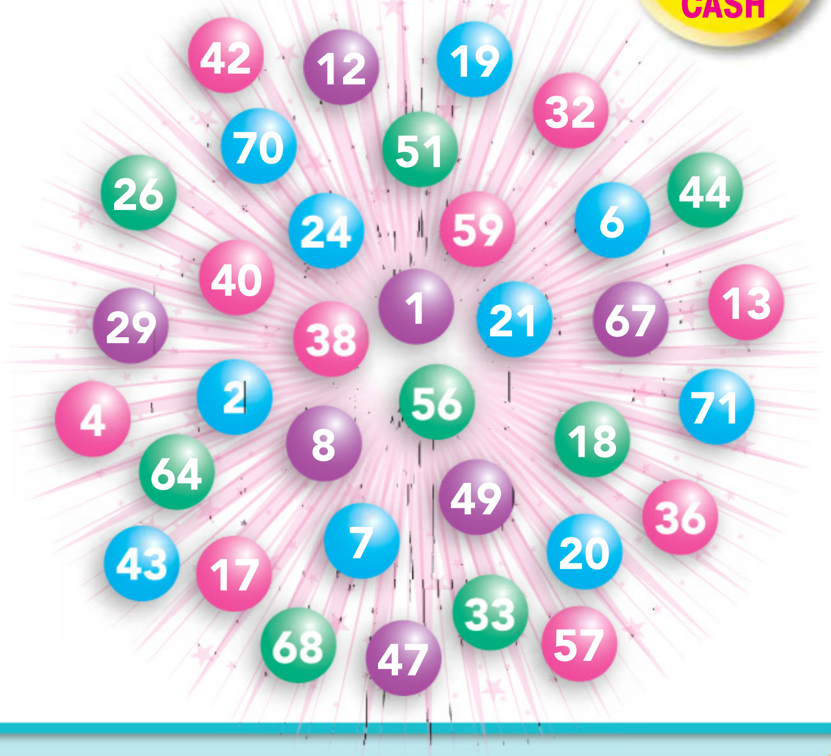
No. 49

Word Bingo

WIN! $50 CASH

HOW TO WIN...
On the bingo card below, cross off all the numbers that appear on the bingo balls. When you have finished, the letters next to the numbers on the card that haven't been crossed off, reading left to right, top to bottom, will spell a word. Write this word only on the entry coupon and you could be a winner.

B	I	N	G	O
C 7	V 26	B 43	F 48	I 70
D 4	N 19	E 32	K 51	O 74
L 1	O 21	R 31	M 60	C 67
A 15	G 24	H 38	I 56	R 64
B 13	T 20	N 33	E 57	L 75



No. 50

Wordsearch

WIN! $50 CASH

HOW TO WIN... Look for all the listed double-E words in the wordsearch grid, reading in straight lines, horizontally, vertically and diagonally in either direction. Some letters are used more than once. One word cannot be found in the grid. Can you work out which one? When you have worked out which it is, write that word only on the entry coupon for your chance to win.

WORD LIST

- Agree
- Asleep
- Beetle
- Bittersweet
- Breeze
- Cartwheel
- Cheeseburger
- Cheetah
- Committee
- Degree
- Discreet
- Employee
- Engineer
- Feeble
- Feedback
- Freedom
- Jamboree
- Kneecap
- Lorikeet
- Matinee
- Needle
- Proceed
- Queen
- Referee
- Reindeer
- Sleeve
- Sunscreen
- Sweetheart
- Teenager
- Volunteer

C	C	O	G	B	R	D	D	E	E	C	O	R	P	A	Q	S	A	T	M
S	W	E	E	T	H	E	A	R	T	D	E	I	H	Q	U	G	J	L	C
E	E	Y	O	L	P	M	E	F	E	E	B	L	E	N	R	K	Y	H	W
O	L	M	R	K	C	K	I	T	R	H	R	V	S	E	F	W	E	T	L
N	T	A	E	W	A	T	O	G	N	E	G	C	E	O	U	E	S	M	M
P	E	T	E	M	R	M	E	Y	G	U	R	W	F	R	T	Y	B	F	E
E	E	I	D	V	T	D	O	R	K	E	L	H	X	A	C	I	P	E	D
E	B	N	N	E	W	R	U	C	E	C	V	O	H	M	T	M	A	E	I
L	B	E	I	Q	H	B	R	N	M	Z	I	V	V	T	L	O	C	D	S
S	A	E	E	E	E	T	T	I	M	M	O	C	E	S	O	D	E	B	C
A	K	V	R	S	E	A	U	Y	E	J	B	R	E	O	R	E	E	A	R
Q	C	P	E	S	L	E	E	V	E	L	S	M	R	J	I	E	N	C	E
T	E	E	N	A	G	E	R	V	L	W	D	F	E	H	K	R	K	K	E
V	H	T	J	A	M	B	O	R	E	E	F	E	F	B	E	F	M	N	T
C	L	Q	U	E	E	N	R	E	N	B	R	E	E	Z	E	L	V	S	J
K	Q	Z	Y	N	S	A	T	P	M	N	U	K	R	N	T	Q	Y	Q	D

No. 51

Double Trouble

WIN! $50 CASH

HOW TO WIN... There are no clues to this crossword. All you have to do is fit the words below into the two grids. Hint: There is only one 11-letter word, and only one place it will fit. When you have filled in the two grids, there will be one word left over. Write this word only on the coupon for your chance to win.

3 LETTER WORDS

Arc
Bee
Cub
Dig
Fax
Hid
Icy
Jab
Ode
Why
Wig
Woo

4 LETTER WORDS

Bear
Dusk
Gamy
Opus
Pith
Prom
Prow
Puny
Slab
Slew
Ugly
Weed

5 LETTER WORDS

Antic
Cages
Camel
Chain
Theme
Tunic

6 LETTER WORDS

Brunch
Ethane
Icicle
Matrix
Nicety
Obsess
Pillow
Relief
Yammer

7 LETTER WORDS

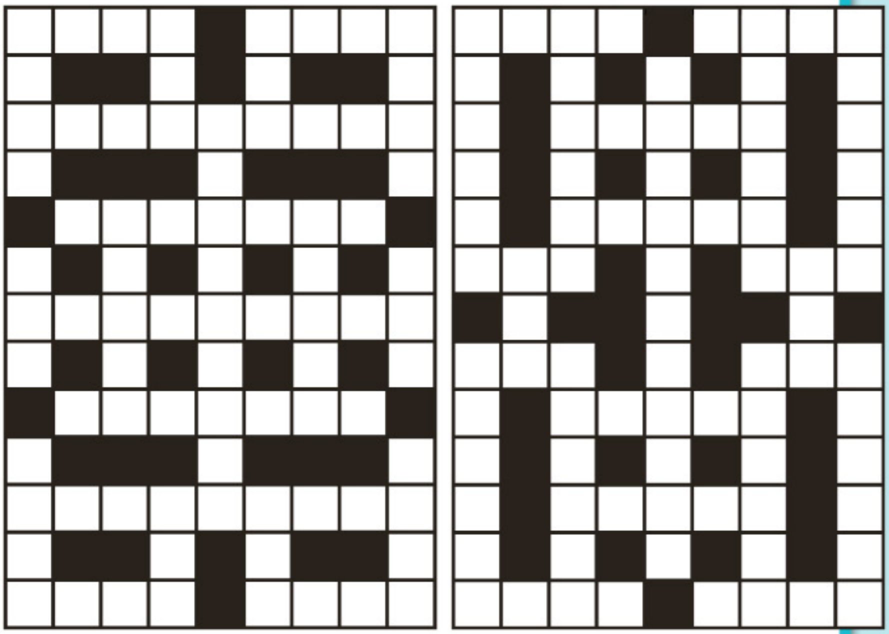
Astound
Scratch

9 LETTER WORDS

Aggravate
Guacamole
Preceding
Toboggans

11 LETTER WORD

Impersonate



Solutions ISSUE 47, 2022

No 1
Hexagon
No 2
Page 55
No 3
Limber
No 4
Iguana
No 5
Cartographer
No 6
Court
No 7
Nugget
No 8
Fidelity
No 9
X
No 10
Thank
No 11
Waltz
No 12
Laser
No 13
Cricketer
No 14
Wednesday
No 15
C
No 16
Sunblock
No 17
Big Ted
No 18
Elaborate
No 19
Step
No 20
Mateship
No 21
Freaky Friday
No 22
Rhetoric
No 23
Oratory
No 24
Tone
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Lecture
No 26
Earful
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Conference
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4
No 29
Days of Our Lives
No 30
Morale
No 31
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Basil
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House
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Café
No 36
Frangipani
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Egypt
No 38
Usage
No 39
Week
No 40
Lapdog
No 41
Lope
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Authorise
No 43
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No 44
141
No 45
Dire Straits
No 46
Noni Hazlehurst
No 47
Dangle
No 48
Raincheck
No 49
Secure
No 50
Animals
No 51
Noun
No 52
Natasha
No 53
Price
No 54
A
No 55
Y
Pet in a Puzzle
1

MONSTERCROSS SOLUTION

ACROSS: 1 Labyrinth, 6 Wimbledon, 11 Nigeria, 15 Nashi, 16 Tantrum, 17 Box, 18 Ocean, 19 Use, 20 Koi, 21 Navy, 22 Haiku, 23 Utensils, 24 Dog, 27 Eagle, 29 Nylon, 30 Idiom, 34 Canal, 36 Cadet, 37 Ashes, 38 Conquer, 39 Sarah, 40 Paddington, 45 Fashioned, 49 Athens, 52 Subtract, 54 Teenagers, 56 Swing, 57 Herd, 60 Vault, 62 Diamond, 64 Sting, 66 Oboe, 68 Ute, 70 Ornaments, 72 Compromised, 75 Assuring, 76 Co-Worker, 81 Trendsetter, 85 Orientate, 88 Age, 89 Star, 90 Watch, 91 Coastal, 93 Eight, 95 Flea, 99 Gavel, 100 Orchestra, 103 Stressed, 105 Slight, 107 Delighted, 111 Cheesecake, 114 Quilt, 116 Admiral, 117 Blast, 120 Usher, 121 Lying, 122 Knife, 123 Cents, 125 Aroma, 130 Ear, 132 Grandson, 135 Kneel, 136 Yogi, 137 Axe, 140 Arm, 141 Dingo, 142 And, 143 Problem, 145 Crier, 146 Annoyed, 147 Flying fox, 148 In the dark. **DOWN:** 1 Liquid, 2 Bone, 3 Rascal, 4 Noisy, 5 Hot, 6 Winnie, 7 Mercury, 8 Lamb, 9 Debate, 10 Nixon, 11 Naomi, 12 Grease, 13 Rank, 14 Attire, 25 Grinch, 26 Gold rush, 28 Gander, 30 Idea, 31 Muesli, 32 Snack, 33 Stereo, 34 Corset, 35 Lashes, 36 Conga, 40 Passport, 41 Dot, 42 Niagara, 43 Total, 44 Nut, 45 Fee, 46 Swarm, 47 Nest, 48 Desktop, 50 Hugh, 51 Near, 53 Baloo, 55 Eldest, 58 Eyes, 59 Dandy, 61 Tonight, 63 Dice, 65 Gum, 67 Erasing, 69 Tickets, 71 Maize, 73 Machine, 74 Rowan, 77 Staff, 78 Croc, 79 Collar, 80 Porridge, 82 Ease, 83 Dew, 84 Tickled, 86 T-Shirts, 87 Ethos, 92 Sleet, 94 Issue, 96 Lull, 97 Agog, 98 Boil, 101 Tad, 102 Arc, 104 Sec, 105 Sequel, 106 Hot dog, 108 Icarus, 109 Humphrey, 110 Error, 112 Embark, 113 Blink, 115 Indigo, 118 Advice, 119 Tale, 124 Take-Off, 125 Azalea, 126 Agency, 127 Monday, 128 Reflex, 129 Ignite, 131 Remark, 133 Avoid, 134 Dwarf, 136 Yacht, 138 Eden, 139 Spin, 140 Area, 144 MRI.

All **WINNERS** will be published at *prizestolove.com.au/winners*

FOR PRIZE ENQUIRIES, PLEASE PHONE 1800 753 020 (AUST ONLY)
OR EMAIL AREMEDIA@GREENEAGLE.COM.AU

PRIZES ARE SENT AUTOMATICALLY SIX TO EIGHT WEEKS AFTER THE WINNERS' NAMES ARE PUBLISHED.

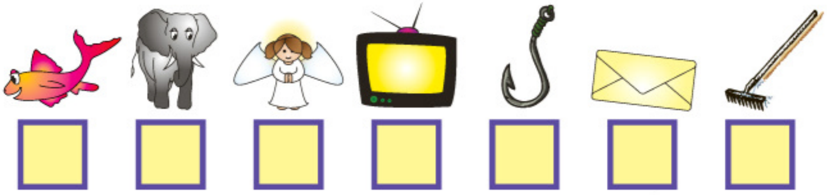
KIDUZZLES!

JUST FOR KIDS!

PUZZLE No. 52

Alphapic

HOW TO WIN...
Write down the first letter of the names of each object pictured to reveal a word. For a chance to win, write this word only on the entry coupon.



WORTH
$30
The Ultimate gift for kids

PUZZLE No. 53

Puzzleosaurus

HOW TO WIN... Fill in the solutions to the clues along the length of Puzzleosaurus where the clue numbers show. Words may overlap by more than one letter. When finished, the coloured circles, reading from head to tail, will spell a word. For your chance to win, write this word only on the entry coupon.

WORTH
$30
The Ultimate gift for kids

CLUES

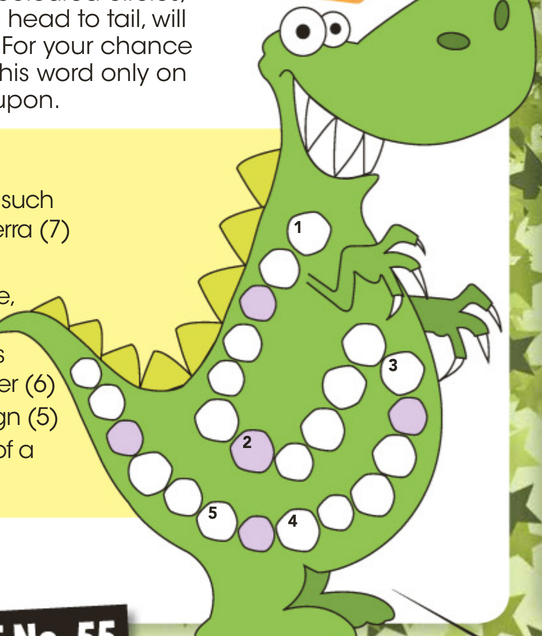
1 Chief city such as Canberra (7)

2 Myth (6)

3 — Radcliffe, actor who plays Harry Potter (6)

4 Zodiac sign (5)

5 Offshoot of a tree (6)

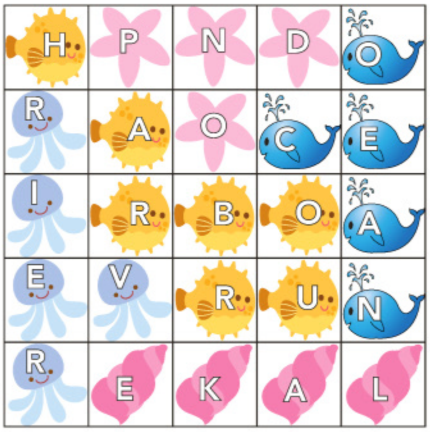


PUZZLE No. 54

Be Jewelled

HOW TO WIN... There are five bodies of water hidden in the grid. Each type of sea creature holds one of the words. Go from one picture to another by moving up, down, or diagonally to find each of the words. Once you have found them all, work out which one would come LAST in alphabetical order. Write this word only on the entry coupon and you could be a winner.

WORTH
$30
The Ultimate gift for kids

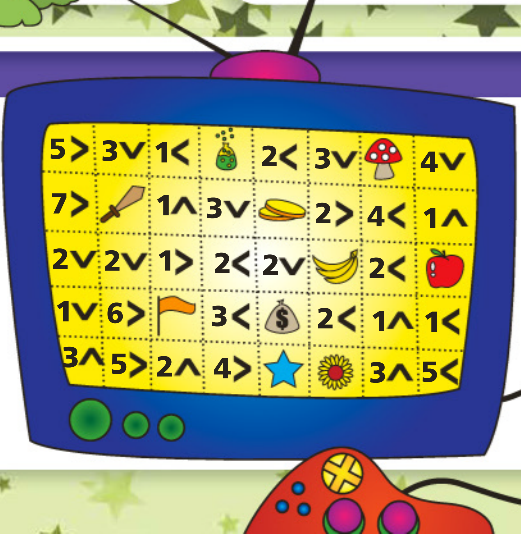


🐡 H	⭐ P	⭐ N	⭐ D	🐳 O
🪼 R	🐡 A	⭐ O	🐳 C	🐳 E
🪼 I	🐡 R	🐡 B	🐡 O	🐳 A
🪼 E	🪼 V	🐡 R	🐡 U	🐳 N
🪼 R	🐚 E	🐚 K	🐚 A	🐚 L

PUZZLE No. 55

Level Up!

HOW TO WIN... Starting at the top left-hand corner of the TV, follow the arrows around the video game screen (^=Up, v=Down, >=Right and <=Left) until you land on an item (Apple, Bananas, Coins, Flag, Flower, Money Bag, Mushroom, Potion, Star or Sword). When you have worked out what it is, write the name of that item only on the entry coupon and you could be a winner.



5>	3v	1<	🧪	2<	3v	🍄	4v
7>	🗡	1^	3v	🪙	2>	4<	1^
2v	2v	1>	2<	2v	🍌	2<	🍎
1v	6>	🚩	3<	💰	2<	1^	1<
3^	5>	2^	4>	⭐	🌻	3^	5<

WORTH
$30
The Ultimate gift for kids

THE ULTIMATE GIFT FOR KIDS CARD TERMS AND CONDITIONS, SEE AREMEDIA.COM.AU/COMPETITIONS

that's life! Issue 04 ENTRY COUPON Enter by mail and online

Entries close Feb 17, 2023

MAIL: Write your answers for each puzzle you wish to enter on the relevant line. Then tear out the whole coupon and mail it to the address shown over the page. You can send as many original entry coupons as you like as long as each entry is in a separate stamped business-sized envelope (220mm x 110mm or smaller).

ONLINE: Go to **thatslife.com.au/puzzle-entry**, select the relevant magazine issue number and fill in that issue's answers. Only one online entry will be accepted per issue. Please hold on to your magazine's barcode for six months, as proof of purchase.

No. 1	Mazda SUV
No. 2	$100 Treasure Chest
No. 3	Lenovo Laptop
No. 4	Smart TV
No. 5	$90 Quiz
No. 6	$50 Scatter
No. 7	Air Fryer
No. 8	Sports Watch
No. 9	Ladies Fragrance
No. 10	Diamond Ring
No. 11	Hair Dryer
No. 12	Quilt Set
No. 13	Earbuds
No. 14	$90 Spelling Test
No. 15	Bathrobe Set
No. 16	Dinner Set
No. 17	$20,000 Monster
No. 18	$70 Arrow Word
No. 19	$70 Seven Pairs
No. 20	Robotic Vacuum
No. 21	Kettle
No. 22	$80 Word Wheel
No. 23	$60 Crossword
No. 24	$100 Corner
No. 25	$50 Tracer
No. 26	$40 Logic
No. 27	$75 Match Ups
No. 28	$90 Sudoku
No. 29	Mobile Phone
No. 30	Hand Blender
No. 31	$50 Solar Orbit
No. 32	Towel Set
No. 33	$50 Secret Saying
No. 34	$70 Pole Position
No. 35	$50 Coordinates
No. 36	Cookware Set

Continued over page

No.37	$50 Diabolical	
No.38	$60 Equations	
No.39	$50 In the Middle	
No.40	$50 Hit the Spot	
No.41	$75 Cross Maths	
No.42	$50 Mix Up	
No.43	$80 Word Pairs	
No.44	$40 4 x 4	
No.45	$70 Misphrased	
No.46	$50 Who Am I?	
No.47	$50 Odd One Out	
No.48	$60 Number Pyramid	
No.49	$50 Word Bingo	
No.50	$50 Wordsearch	
No.51	$50 Double Trouble	
No.52	Alphapic	
No.53	Puzzleosaurus	
No.54	Be Jewelled	
No.55	Level Up!	
No.56	$100 Bonus Code Cracker	
No.57	$100 Bonus MonsterCross	
No.58	$100 Bonus Arrow Word	
No.59	$100 Bonus Hex Fill-In	
$50 Pet Puzzle (Pg 19)		

SEND THE WHOLE COUPON TO:

***tl!* Competition No. 04**
PO Box 66, Eastern Suburbs MC, NSW 2004

Enter online at thatslife.com.au/puzzle-entry

Name

Address

State **Postcode** **Phone ( )**

Email

TERMS AND CONDITIONS AND PRIVACY COLLECTION STATEMENT FOR PUZZLES, MONSTERCROSS AND CAR PROMOTION

Visit www.aremedia.com.au/competitions for full Terms and Conditions. Entries for *that's life!* Issue 4 open at 09:00 AEST/AEDST on 19/01/23 and entries close at 17:00 AEST/AEDST for mail entries and 23:59 AEST/AEDST for online entries on 17/02/23 (Entry for New Zealand residents opens 09:00 NZST 23/01/23). Draw (draw consists of entries from Issues 2, 3, 4, 5) will take place at 09:30am AEST/AEDST, Unit 5/9 Fitzpatrick Street, Revesby, NSW, 2212 on 03/03/23 and winners published at www.prizestolove.com.au/winners by 10/03/23. Entry is only open to Australian and New Zealand residents who buy *that's life!*. Authorised under NSW Authority under NSW: TP/00018; SA: T22/1678; ACT: TP 22/02041. CAR: Entire competition opens on 24/11/22 at 09:00 AEST/AEDST and closes entirely on 17/04/23 at 17:00 AEST/AEDST. Entries for *that's life!* Issue 4 must be received by 17/02/23 at 23:59 AEST/ AEDST. Major Prize draw for Car will occur at Promoter's draw premises on 24/04/23 from 14:00 AEST/AEDST. Winner of the Major Draw will be published on prizestolove.com.au/winners by 01/05/23. Total prize value for Car is up to $26,990.00. The Promoter is Are Media Pty Limited, 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under permit numbers: NSW: TP/00018, SA: T22/1339, ACT: TP 22/01642. MonsterCross: Entire competition opens on 20/10/22 at 09:00 AEST/AEDST and closes entirely on 14/07/23 at 23:59 AEST/AEDST. Entries for *that's life!* Issue 4 must be received by 17/02/23 at 17:00 AEST/AEDT Major Prize draw for Monstercross will occur at Promoter's draw premises on 21/07/23 from 09:30 AEST/AEDT. Winner of the Major Draw will be published on prizestolove.com.au/winners by 28/07/23. Total prize value is $20,000.00. The Promoter is Are Media Pty Limited 54 Park Street, Sydney NSW 2000 (ABN 18 053 273 546). Authorised under: NSW: TP/00018, SA: T22/1066, ACT: TP 22/01339. Bonus Puzzles (puzzles 56, 57, 58 and 59): Visit www.aremedia.com.au/competitions for full Terms and Conditions. Entry opens at 09:00 AEST/AEDT on 19/01/23 and entries close at 17:00 AEST/AEDT for mail entries and 23:59 AEST/AEDT for online entries on 17/02/23 (Entry for New Zealand residents opens 09:00 NZDT 23/01/23). Draw will take place at 9:30am, Unit 5/9 Fitzpatrick Street, Revesby, NSW, 2212 on 03/03/23 and winners published at prizestolove.com.au/winners by 10/03/23. Entry is only open to Australian and New Zealand residents who buy *that's life!* issue 4. Authorised under NSW Authority Number TP/00018.

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No. 56

Code Cracker

WIN! $100 CASH

HOW TO WIN... Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to help you on your way to cracking the code, so you'll see that D=11, L=26, and V=18. Write these letters wherever the corresponding numbers appear in the grid and you should then be able to start working out what the other missing letters are. Use the Letter Checker box to keep track of the letters you've decoded. You'll notice that all 26 letters of the alphabet are used and you can strike through each one as you decode it. When you have filled in the Letter Checker boxes, **seven consecutive letters will spell a word**. Write this word on the entry coupon for your chance to win.

	24	9	22	17		10	25	1		16	22	26	19	
	6		17		11		10		8		21		17	
A	22	20	16	24	19		24		9	8	25	22	19	N
B	22		24		23	6	6	14	3		16		11	O
C		18	19	9	26				13	16	11	19		P
D					9	26	16	18	19					Q
E	1	26	19	19	20		10		8	19	8	6	22	R
F			12			22	17	3			6			S
G		8	25	26	19		26		7	5	16	24		T
H			26			11	16	19			22			U
I	8	16	24	5	19		10		2	19	24	24	3	V
J					4	25	7	25	19					W
K		23	9	16	4				22	19	15	24		X
L	9		10		19	12	9	26	24		9		1	Y
M	8	9	10	16	15		18		19	26	25	11	19	Z
	16		6		24		16		5		22		11	
	11	9	3	22		6	11	11		22	19	23	22	

Letter Checker

1	2	3	4	5	6	7	8	9	10	11	12	13
										D		
14	15	16	17	18	19	20	21	22	23	24	25	26
				V								L

that's life! Bonus Puzzles

No.57

Monster Cross

WIN!
$100
CASH
50
50

HOW TO WIN... The theme of this Monstercross is cricket, and all the highlighted picture clues refer to this topic. When you've filled in the whole puzzle, the letters in the coloured squares, reading left to right, and top to bottom, will spell a word related to the puzzle theme. Write this word on the entry coupon and you could win $100.

ACROSS

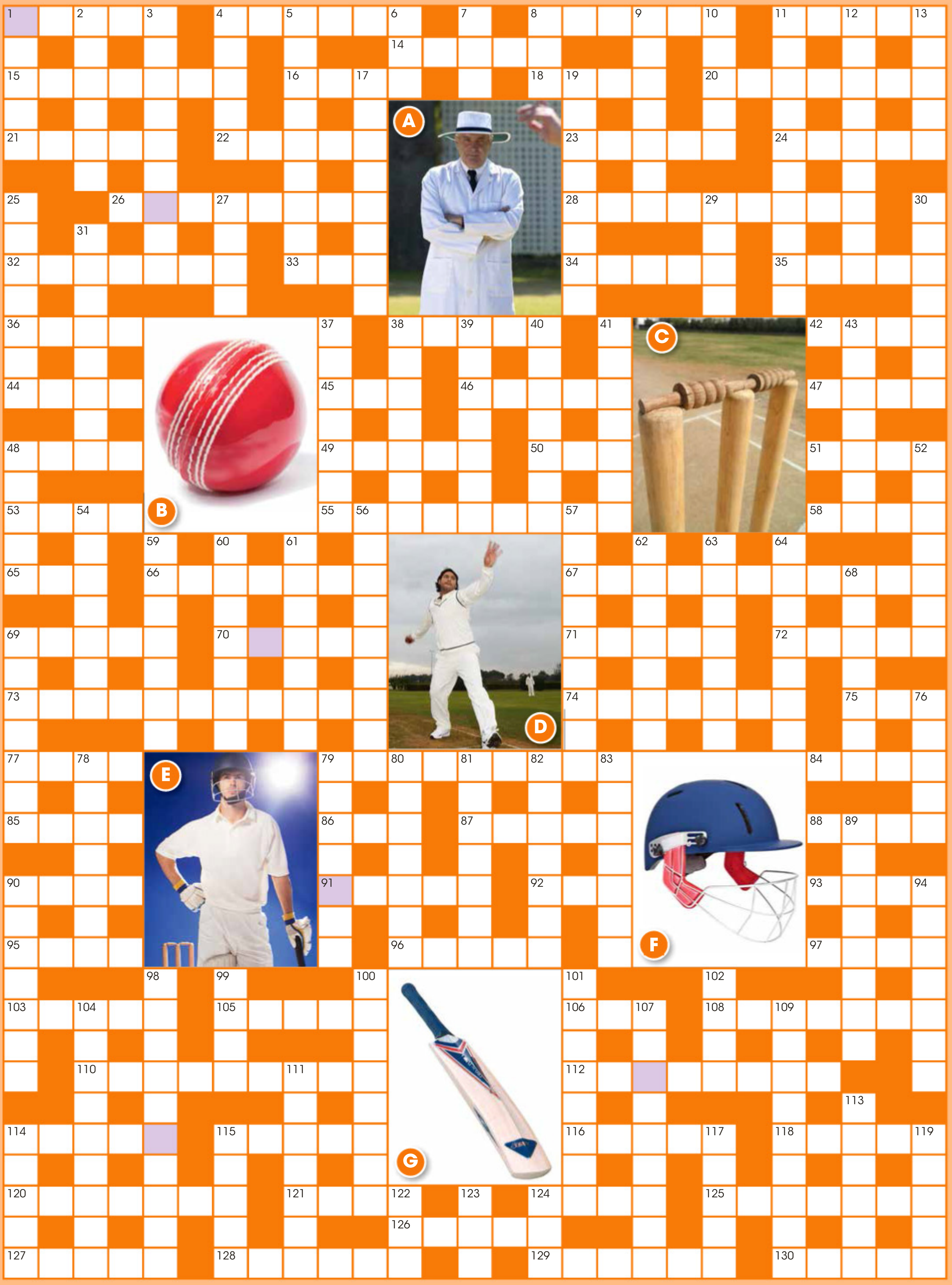
1 Nun's garment (5)
4 **Cricket referee in box A (6)**
8 Most underhanded, sneakiest (6)
11 Parent's brother (5)
14 Wooden anti-vampire tool (5)
15 Brought down (7)
16 What a vegetarian doesn't eat (4)
18 Russian emperor (4)
20 Kurt Cobain's band (7)
21 Act division (5)
22 Ostrich-like birds (5)
23 Glass panels (5)
24 Rental agreement (5)
26 Consist of (8)
28 Unyielding (9)
32 Non-professional (7)
33 — up, command to a horse (3)
34 Retail stores (5)
35 Immature insect (5)
36 Former name of Thailand (4)
38 Confidence tricks (5)
42 Competent (4)
44 Sketch (4)
45 Wood-chopping tool (3)
46 Fabric joins (5)
47 Coloured part of the eye (4)
48 Johnny —, *Ring of Fire* singer (4)
49 Mould (5)
50 Very warm (3)
51 Karate grades (4)
53 — *Lang Syne*, New Year's Eve song (4)
55 Climbed down (9)
58 **Crucial item in box B (4)**
65 Drunkard (3)
66 Trained (7)
67 Cream-filled choux pastry ball (11)
69 Javelin (5)
70 Take an oath (5)
71 Distribute, divvy out (5)
72 Sporting sides (5)
73 Hopelessness, despair (11)
74 Order, sort out (7)
75 — Chappell, Australian cricketer (3)
77 Ultimate (4)
79 Courting songs (9)
84 Book leaf (4)
85 — Connery, James Bond star (4)
86 Occupational Health and Safety (1,1,1)
87 Scope (5)
88 Clothes line clips (4)
90 Tickled —, very pleased (4)
91 Nothing, zero (5)
92 Towards the stern (3)
93 Communion service (4)
95 Cheat the system (4)
96 Shoe bottoms (5)
97 Coffee shop (4)
103 **Crosspieces in box C which sit on top of the stumps (5)**
105 Winner's award (5)
106 Work unit (3)
108 Citizen of Tel Aviv (7)
110 Financial controller (9)
112 Travel across (8)
114 French cap (5)
115 Coconut trees (5)
116 Vulgar (5)
118 Warning (5)
120 Refrain from (7)
121 — Sandler, comedy actor (4)
124 Dispatched (4)
125 Try, have a go at (7)
126 Site of a famous battle in Texas (5)
127 Exams (5)
128 Red —, dog breed (6)
129 Three — to the wind, intoxicated (6)
130 Goes out with, sees romantically (5)

DOWN

1 Apertures, openings (5)
2 **Team member in box D responsible for deliveries (6)**
3 Trio (9)
4 Cow's milk sac (5)
5 Fussing over, spoiling (9)
6 Eastern Standard Time (1,1,1)
7 Prohibit (3)
8 Movie studio backdrop (3)
9 Short chores (7)
10 Fork prongs (5)
11 Unable to be counted on (10)
12 Person in a story (9)
13 Rub out (5)
17 Responded, replied (8)
19 Quell (8)
25 Passed (of time) (7)
27 Amusement —, roller-coaster site (4)
29 Beauty queen's ribbon (4)
30 People who take charge, chiefs (7)
31 Mobile homes (8)
37 Gathered together, accrued (7)
38 Pivoted planks found in playgrounds (7)
39 Strict, severe (7)
40 Broken, shattered (7)
41 Made a social call, dropped by (7)
43 — Walters, Late US TV host (7)
48 Applauds (5)
52 Peter —, *The Pink Panther* star (7)
54 Froths (7)
56 Lasting quality, stamina (9)
57 Thoroughfare that runs along the seafront (9)
59 Bright red colour (7)
60 **Cricketer in box E who defends the wicket (7)**
61 British goodbye (7)
62 Domestic fowls (7)
63 Appropriate, apt (7)
64 Agreed on a price (7)
68 Egg-shaped musical instrument (7)
69 Jockey seats (7)
76 Requirements (5)
78 Mechanic's tool (7)
79 Sleeps (7)
80 Steals cattle (7)
81 Whale species with a spiral tusk (7)
82 Refusals (7)
83 Spirit, ghost (7)
89 Issues, emits (8)
90 Moral tale (7)
94 Wild West law enforcer (7)
98 Necessities (10)
99 Chooses (4)
100 Omaha's state (8)
101 Squid limb (8)
102 Heap (4)
104 Pasttimes, hobbies (9)
107 Warranty (9)
109 Recommenced (9)
111 Dependent upon (7)
113 **Protective headgear in box F (6)**
114 Brag (5)
115 Frog habitats (5)
117 Sydney's AFL team (5)
119 Carries (5)
122 Impair, ruin (3)
123 **Item of cricket gear in box G (3)**
124 Distress call (1,1,1)

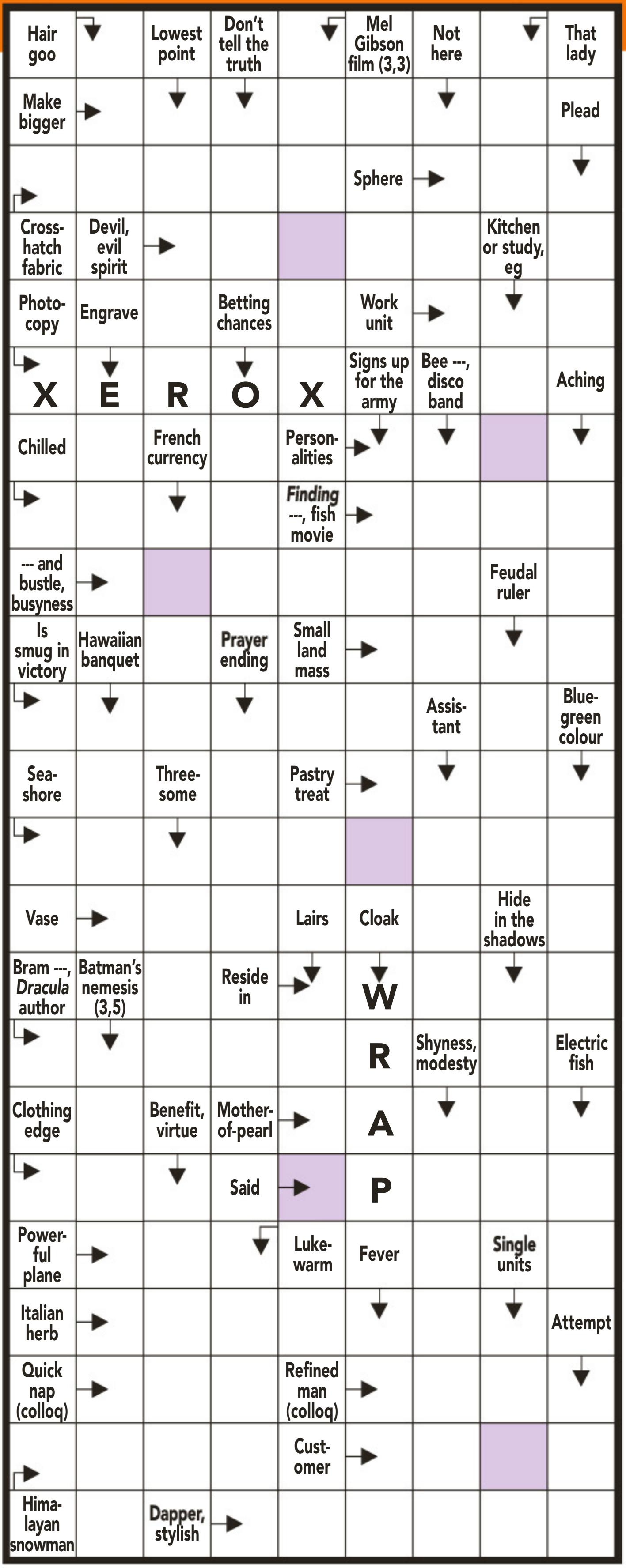
WINNING WORD

☐☐☐☐☐☐


A
C
B
D
E
F
G

that's life! Bonus Puzzles

No. 58



Hair goo
Lowest point
Don't tell the truth
Mel Gibson film (3,3)
Not here
That lady
Make bigger
Plead
Sphere
Cross-hatch fabric
Devil, evil spirit
Kitchen or study, eg
Photocopy
Engrave
Betting chances
Work unit
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Signs up for the army
Bee ---, disco band
Aching
Chilled
French currency
Personalities
Finding ---, fish movie
--- and bustle, busyness
Feudal ruler
Is smug in victory
Hawaiian banquet
Prayer ending
Small land mass
Assistant
Blue-green colour
Seashore
Threesome
Pastry treat
Vase
Lairs
Cloak
Hide in the shadows
Bram ---, Dracula author
Batman's nemesis (3,5)
Reside in
W
R
Shyness, modesty
Electric fish
Clothing edge
Benefit, virtue
Mother-of-pearl
A
Said
P
Powerful plane
Lukewarm
Fever
Single units
Italian herb
Attempt
Quick nap (colloq)
Refined man (colloq)
Customer
Himalayan snowman
Dapper, stylish

Arrow Word

WIN! $100 CASH

HOW TO WIN...
Write your answers in the direction of the arrows. When the puzzle is complete, the letters in the coloured squares, reading left to right and top to bottom, will spell a word. When you've worked out what it is, write this word only on the entry coupon and you could win.

No. 59

Hex Fill-In

WIN! $100 CASH

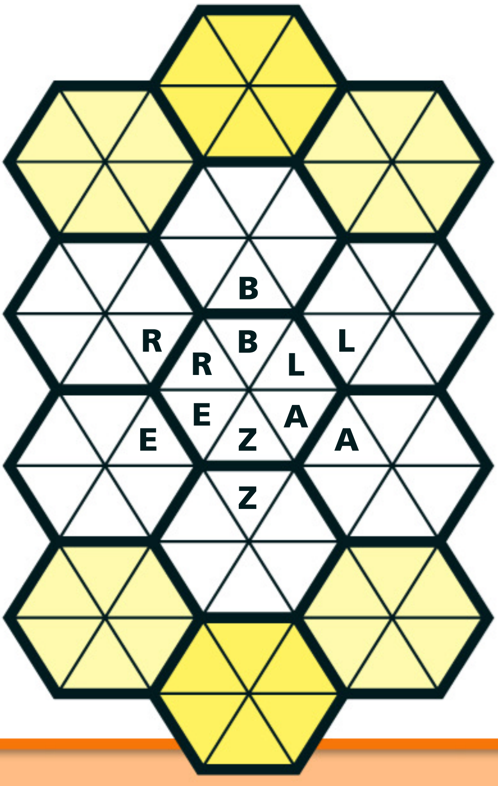
HOW TO WIN...
There are no clues to this crossword. All you have to do is fit the listed words into the grid in a clockwise direction. Where hexagons touch, the letters in the adjoining triangles will be the same. We've filled in one word to get you started. When the grid is filled in there will be one word that doesn't fit. Write this word only on the entry coupon for your chance to win.

WORD LIST

Aspire
~~Blazer~~
Bright
Colour
Debate

Editor
Friend
Gazebo
Gossip
Hearty

Intern
Sleepy
Smooth
Teapot



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Advertisement

DETOX YOUR BODY – every day!

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and can start storing them in our body fat. We quickly may notice the results in our energy levels, in our lack of youthful appearance – and surprisingly, on our waistlines.

Unjunking your body

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

Detox with one tablet a day

Active Liver™ is a dietary supplement that helps promote a healthy liver and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body – without the "side effects".

Active Liver™ by New Nordic contains **MILK THISTLE**, a herb known for protecting the liver and reducing heavy metal toxicity.

It also contains **TURMERIC**, a superfood and one of the most anti-inflammatory and protective antioxidants known.

Finally, Active Liver™ contains globe **ARTICHOKE**, a plant used for centuries for increasing bile production. Bile is used to bind and flush toxins and fats from the body.

Kirsten had the typical signs!

OVERWEIGHT, BLOATED, POOR DIGESTION, TIREDNESS AND A RED SAGGY SKIN.

Kirsten had a chance to try the Active Liver™ tablets, and what she says: "After 3 weeks I was amazed. My skin looks so much better and I feel the bags under my eyes are reduced. I feel that I am glowing and looking healthier. I am extremely happy and I do not have the same desire for unhealthy food, wine, sweets and coffee. There is no doubt that I feel much better. I feel "naturally high". The herbal tablets have been good for my liver and my digestion. Before I could feel that my digestion was not working very well, but I suppose that you do not feel your liver bile system. Therefore, I had not thought about how important the liver system is to make you feel good."

WENT DOWN TWO SIZES

"After I began taking an Active Liver tablet with my evening meal, I feel incredible comfortable and happy with my new healthy lifestyle.

I have gone down two sizes and has changed my wardrobe out.

It is fantastic!"

Kirsten

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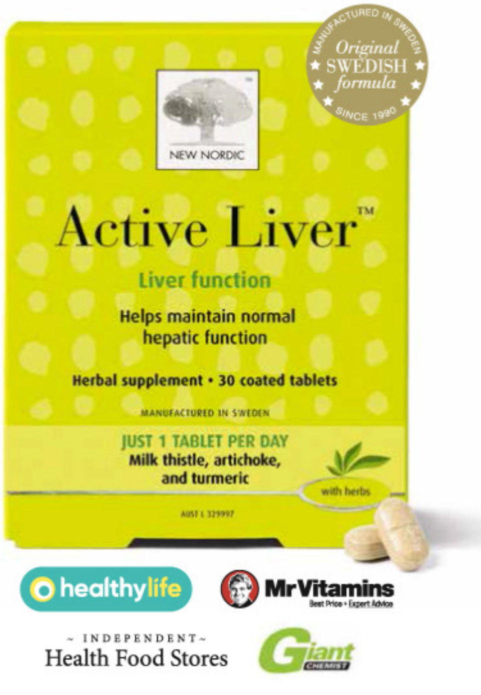
www.newnordic.net.au

FREE SHIPPING
www.newnordic.net.au

For more information call Customer service
1300 25 44 03

Scan the QR code to visit the New Nordic webshop



healthylife

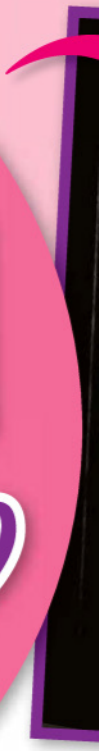
Mr Vitamins
Best Price • Expert Advice

INDEPENDENT
Health Food Stores

Giant CHEMIST

I've returned to full-time work

I BROKE MY BACK picking up my baby



Kim's life was turned upside down shortly after the birth of her daughter

Kim Martin, 42, Brisbane, Qld

'Time for your feed,' I smiled to my baby girl, Addison.

At 12 weeks old, she was an adorable bub and a much-loved little sister to my toddler Aidan.

But as I tried to pick up Addison from her bassinet in our bedroom, I felt a sharp pain in my back.

'Ow!' I cried, putting her back down. I was in such agony I could barely move.

It was a shock as I didn't suffer from a bad back.

I loved to keep fit with my husband Justin, then 37, who was a personal trainer. We worked out in the gym regularly and went running together.

I must have overdone it, I thought.

I struggled to get through the day looking after the kids.

Justin was retraining as a paramedic so, not wanting to disturb him, I waited until he came home to tell him about my back.

'You've been doing too much,' he said, taking over.

The next day I was still in huge pain, so I went to see my GP who diagnosed muscle strain and gave me stretching exercises to do. I did them once and they hurt so much I couldn't do them again.

Two days later, I visited an osteopath, but almost blacked out in agony when I tried to get up from the examination table.

My mum Yvonne, then 64, came to help with the kids, but by then the pain was so bad I was being physically sick.

She called a home GP who sent me straight to hospital, where I had an X-ray. I never imagined what it'd show.

'Three of your vertebrae are fractured,' a doctor said.

Unbelievably, I'd broken my back when I'd picked up Addison. The pain I'd felt had been the agony of three vertebrae being crushed.

There was more bad news. Being crush fractures, they would never heal.

The specialist explained it was similar to standing on an empty drink can – it'd never go back to normal.

Luckily, my nerves and spinal cord hadn't been affected, which is why I'd been able to remain partly mobile.

'But why did it happen?' I asked, shocked.

My bub weighed barely six kilos and I was young and fit.

'We think it was caused by a decrease in your bone density,' he replied. 'Which means you have osteoporosis.'

'But that's an older person's disease,' I said, stunned. 'I'm only 31!'

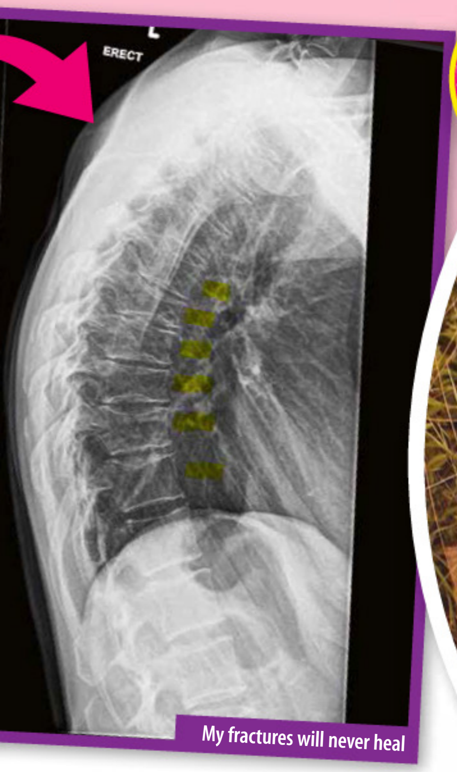
But tests showed he was right.

Soon after, I was diagnosed with pregnancy associated osteoporosis, a rare condition where a woman's bones – normally in the spine – break easily during pregnancy or in the weeks after giving birth.

> The pain was so bad I was being sick

With Addison when I was admitted to hospital

AS TOLD TO EVA LEWICKI


My fractures will never heal

Addison, Justin, me and Aidan

My friends were shocked, particularly as I ate such a healthy diet filled with leafy greens and dairy products.

Doctors put it down to having two babies less than two years apart.

During pregnancy, a mother's calcium is depleted to help build the skeleton of the fetus. After the birth, more bone loss can happen as the baby breastfeeds, drawing on a mother's calcium.

Normally, women's levels quickly return to normal, but not in my case.

I didn't want to go on medication as, being so young, it'd mean I could be on it for decades. I also worried about any possible long-term side effects.

So I was put on painkillers, calcium supplements and vitamin D, and my bone density was monitored. I also exercised regularly.

At first, walking was painful, but I set myself a goal to run 10 kilometres in one go, which I achieved two years later.

For a long time, though, I had to struggle against depression, knowing I couldn't be the active mum I'd always wanted to be.

Today, 10 years on, I'm back working full-time as a project officer.

> I set myself a goal to run 10 kilometres in one go

I no longer run, but I do weight bearing exercises twice a week to build up my bone density.

Despite that, I've lost five centimetres in height and live with daily pain. I can break ribs just by coughing. I also fractured my left foot last year, simply by rolling my ankle. That landed me in a moon boot for six weeks!

Justin is wonderful and does most of the cleaning. The kids also understand I have to be careful. When we go grocery shopping, Aidan, now 12, and Addison, 10, push the trolley, load the groceries and carry the bags inside.

They know there are things I can't do, such as go on a bike ride with them, because if I fell, I could break a bone.

Instead we do activities that are safe for me, such as going for a bushwalk, as long as the path isn't rocky.

I'm now passionate about raising awareness around bone health. I encourage others to seek a second opinion if they're in pain and not getting answers from their GP.

People think that osteoporosis only happens when you're older, but it can happen at any age. I'm proof of that. ●

For more info, see healthy bonesaustralia.org.au

Aidan, me and Addison

Me and my girl

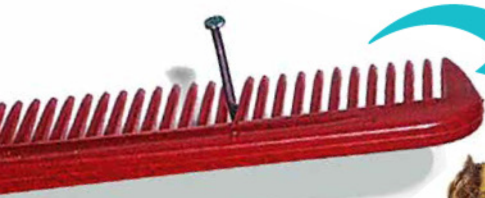
BRAIN waves

SEND US YOUR **CLEVER IDEAS**

The pets' pages in *that's life!* are great for covering kids' school books or to use for craft. My niece loves cutting out the pets and sticking them on handmade cards.
Sarah Morrison, Geelong, Vic

If you feel your eyes filling with tears when you're handling onions, try lighting a candle just before you start peeling.
James Winter, Townsville, Qld

To keep my dog happy, I made him a new toy by putting an empty plastic bottle into a sock and tying the end. He loves the crinkly sounds it makes when he chews it.
Adam Wilson, Fremantle, WA



When hammering in nails, use the teeth of a comb to the hold the nail in place and protect your fingers.
April Richards, Brunswick, Vic

Try a new use for...

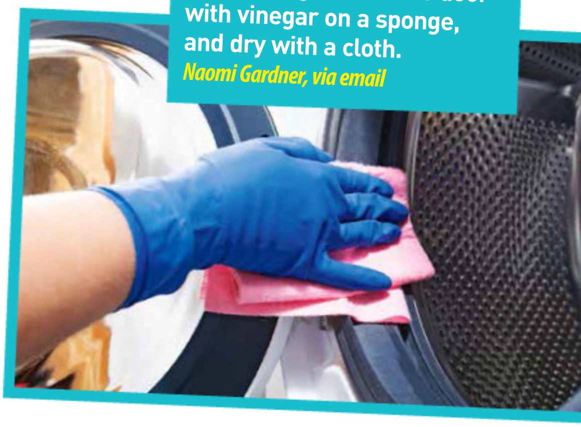
bobby pins

- Use the end of a bobby pin to help apply nail art.
- Secure your toothpaste tube as you use it with a bobby pin.
- Slide a bobby pin over the end of a belt so it lies flat and doesn't flap around.

Peel overripe bananas and pop them in the freezer in a snap-lock bag. Next time you make banana bread, muffins or a cake, you'll have them ready to go!
Heather Grace, Goulburn, NSW

Lucky enough to get a few silver-plate knives and forks from an op-shop, I cleaned them up with my sour milk method. Add 1 tablespoon of white vinegar to one cup of milk to make it sour. Put this mix in a glass dish and soak your utensils for 30 minutes, then wash and polish.
Maria Dobbin, Wellington, NZ

Clean your washing machine by running it on the hottest cycle with a mix of bicarb and water. Then wipe down the rubber ring around the door with vinegar on a sponge, and dry with a cloth.
Naomi Gardner, via email



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WHAT WOULD *you do* ?

Got a problem? Let *that's life!* readers help! Here's what they had to say about this week's dilemma

Engaged... but not in love

Dear that's life!

My sister has recently become engaged to a man she doesn't love. They've been friends for years and, after both having some disastrous dates, they've decided they'd be better off together, even though they don't feel romantically connected. I politely said I thought this was a bad idea but she says, at 36, she really wants to have kids and her now fiancé, who is in his 40s, does too. Surely if there was going to be a 'spark' between them it would have happened by now. I'm worried they'll hurt one another or, worse, my sister will end up hurt and also a single mum.

What do I do?

It might work

Stop worrying, there are many different relationships. If it works for them, good. If not they'll probably stay friends.

Jill Skinner Manning

Love grows

Sparks can fade easily but mutual understanding lasts a lifetime and love can blossom.

Christine White

Waste of money

Can't they just have children, stay friends, co-parent, live under the same roof but not waste money on a marriage?

Narelle Dunn

Kids need love

They need to reconsider a marriage. Why would you bring a child into a marriage where there is not true love? Kids learn from what they live and see. If their parents love one another deeply, the children will see that.

Karen Smith

Sounds great

I think it's great! A committed friendship is the base to any lasting relationship. Love has many forms and isn't always instant. Be happy for her.

Kathie Karlsson

No spark, no wedding

They shouldn't get married if there's no spark, and if the only reason they are getting married is to have kids.

Kellie Johns

Different folks

I couldn't be with someone unless I was in love with them, but different strokes for different folks.

Caron Ricketts

An honest start

There is more of this than you realise. Too many people pretend to be happy and in love. At least they're honest from the start.

Sylvia Caroline

Kids may help

Having children and enjoying seeing them grow may bring them closer together.

Michelle Maree

No guarantee

In many cultures people enter into arranged marriages with no 'spark' and have successful relationships. Romance is no way of ensuring a marriage will last.

June Phillips

Be there for her

They are old enough to know what they are doing. Just be there if she falls. And there are some really good single parents who do a better job than a two-parent family.

Deborah Ramsay

Better than most

They could do a lot worse. Mutual respect and interests are a better foundation than many couples will ever have.

Beth Brownberry

Let it go

Just tell her how you feel and let it go. And be ready to help her if the relationship ends.

Preston Mabes

Friendship

Long term friendship is preferable to a spark that goes out leaving you devastated.

Elizabeth Gough

PHOTOS: GETTY IMAGES

Have you got a dilemma?

Then you can anonymously ask thousands of that's life! readers to help you solve it @ **email:** *thatslife@aremedia.com.au*

Shagufta and her mother Sultana

I BECAME A LAWYER TO MY DAD'S

When Shagufta's father was killed, she took matters into her own hands

Growing up, Shagufta Tabassum Ahmed idolised her father. She was such a daddy's girl that, even at 18, she still held his hand when they crossed the road.

Shagufta went on to study law, even though she had no intention of becoming a lawyer, because she knew it'd make her dad happy.

A university lecturer of geology and mining, Dr Taher Ahmed was also doted on by his students.

He chose to walk everywhere and took the bus to the campus, rather than buying a car, and he adored his wife, Sultana.

When Shagufta and her brother, Sanzid, were little, the family lived in a small house on campus, where they played with the children of other lecturers.

But by early 2006, Shagufta, her mother and brother had moved to the city of Dhaka, Bangladesh, where Shagufta pursued her law studies. While her dad remained at the university, he'd visit them regularly.

On the afternoon of February 1, 2006, after one such visit, Taher took the bus back to campus to do some work.

He called his wife to let her know he'd arrived safely, then called her again a few hours later, at 9pm, as he got ready for bed.

The next morning, he was due to attend an important meeting about the future of a colleague, Dr Mia Mohammad Mohiuddin.

Once close friends, the academics had fallen out when honest Taher noticed instances of plagiarism in Dr Mohiuddin's work and reported it to faculty staff.

A meeting was being held to discuss how the university would handle the situation. But Taher never turned up.

Worried, colleagues contacted his family who frantically called the beloved dad.

But he wasn't answering his phone and, when they spoke to the university caretaker, Jahangir Alam, he said he hadn't seen him all day.

Shagufta's brother rushed to the university to search for their father.

Horrifyingly, the next day Sanzid discovered his dad's body floating in a septic tank in a university garden. He'd been stabbed to death.

Shagufta was devastated and overwhelmed as the case made headline news across the country.

How could someone kill the much-admired professor? Why would anyone want her gentle dad dead?

Shagufta desperately

COMPILED BY RUSSELL BELL
PHOTOS: BBC; BDNEWS 24; SOZOO TODAY

Left: Dr Taher Ahmed
Below: His family who are fighting for justice

Taher, Shagufta, Sanzid and Sultana

Shagufta devoted herself to finding answers

FIGHT KILLER

wanted answers.

The murder investigation was soon underway and detectives quickly got wind of the fallout between Taher and Dr Mohiuddin, and the meeting that could have ended Mohiuddin's career.

They had a motive.

Within weeks, Dr Mohiuddin, along with the caretaker Jahangir Alam, and four others, including Alam's relatives Abdus Salam and Nazmul Alam, were arrested and charged with the murder.

When the case went to court in 2008, Jahangir Alam and his relatives testified that Mohiuddin had persuaded them to kill Taher, offering them money and jobs. Mohiuddin denied this, but was found guilty along with the Alams and Salam. The two other accused were acquitted.

Sentenced to the death penalty, they appealed, and the case was referred to Bangladesh's High Court.

During this time, Shagufta felt useless. Though she continued to study law through her time of grief, she felt directionless without her father.

But when the case reached the High Court in 2011, and Mohiuddin was granted bail, Shagufta had clarity.

'Suddenly, my future snapped into focus. I knew what I could do with my life. I could use my law degree to help the prosecution's case against my father's killers,' she later told *BBC News*.

She spent every minute on his case

She'd never wanted to be a lawyer – but being able to seek justice for her dad changed everything.

A year later, Shagufta graduated and began assisting the prosecution lawyers. She spent every waking minute focused on her father's case.

In 2013, the High Court reached a judgement, upholding the death penalty for Mohiuddin and Alam.

But Alam's brother and brother-in-law had their sentences reduced to life behind bars.

It still wasn't over, though.

Mohiuddin's lawyers lodged yet another appeal – this time to the Appellate Division of Bangladesh's Supreme Court.

Shagufta continued to work tirelessly on the case. She was determined to see justice done so her father could rest in peace.

Eight long years passed before the case finally reached the court.

Mohiuddin's lawyers argued he had nothing to do with the crime and he'd been great friends with Dr Ahmed.

They said the other men had lied.

The prosecution pointed out that, despite claiming what great friends they were, Mohiuddin had not attended Taher's funeral.

On April 5, 2022, the Supreme Court judges led by Justice Hasan Foez Siddique concluded that Dr Mohiuddin was guilty of murder and upheld his death penalty. Dr Mohiuddin has again appealed this decision.

After the verdict, Shagufta made a promise to her beloved dad. 'For him I will carry on, fight for justice and live a good life.' ●

BIG STUFF in Oz!

CARAVAN PARK CAMPING
CAMP KITCHEN 8.00
BOOK AT HOTEL
NT
DRAUGHT
2250 GALS
LARRIMAH WAYSIDE INN

Snapping a photo of these larger-than-life attractions has become a tradition for Aussie travellers

The Big Camera, Meckering, WA

What could be more apt than snapping a selfie in front of a giant camera? The Big Camera in Meckering, 133 kilometres east of Perth, houses a fascinating museum - with projectors, flash guns and processing equipment on display. There are also over 3000 working cameras dating back from before 1826, when the first photo was taken with a camera. Photography and movie buffs will love a tour through this unique collection.

THE BIG
SLR
CAMERA

Matilda
Fuel Supplies

The Big Kangaroo – Kybong, Qld

Who could forget the cheeky, winking 13-metre tall kangaroo mascot that was built for the 1982 Commonwealth Games in Brisbane? Better known as Matilda, the six-tonne beauty has had several homes over the last 40 years and is currently settled at the Matilda Fuel Station in Kybong, just outside Gympie. Situated on the Bruce Highway, Matilda used to attract 100,000 visitors a year, but since a bypass was built in 2017, many miss seeing the Aussie icon. She's worth the detour if you're in the area.

PHOTOS: CC WHINGING POM; CC BAHNFREND; DISTRICT COUNCIL OF KIMBA; INSTAGRAM EDDYANDSAM; INSTAGRAM LARRIMAHPINKPANTHERHOTEL; INSTAGRAM KIM PINK BUTTERFLYPINKAU

The Big Stubby – Larrimah, NT

Off the Stuart Highway sits the Larrimah Hotel and its distinctive Big Stubby. A 'stubby' usually refers to a 375ml bottle of beer but the famous NT Draught Darwin Stubby held over two litres, making it well deserving of a statue! Although production of the stubby ended in 2015, visitors can still take refuge from the NT heat at Larrimah and enjoy a coldie and a steak sanger.

The Big Galah – Kimba, SA

Known as the halfway point between Perth and Sydney, the town of Kimba is also home to the Big Galah. Built in 1993, it's eight metres high. The colourful big bird was the brainchild of the Venning family, who used to own the Halfway Across Australia Gem Shop. They hoped the galah would entice weary travellers to stop in and check out the town.

Taking inspiration from the galahs that frequently flocked to the nearby grain silos, which happen to be big too, the family spent 18 months constructing the bright pink bird from steel and fibreglass.

The Giant Murray Cod – Swan Hill, Vic

In 1991 a Giant Murray Cod was built as a prop for the Aussie movie *Eight Ball*, then donated to the town of Swan Hill. Affectionately named 'Arnold' the Giant Murray Cod, which measures 15 metres long and five metres high, is perched outside the Swan Hill train station as an ode to the large fish found in the famous Murray River.

NYNGAN
NSW
AUST.

The Big Bogan – Nyngan, NSW

This is a tongue-in-cheek tribute to the Bogan Shire, where the statue proudly stands. Wearing a singlet, shorts and thongs and carrying his catch of the day, the 1500 kilo structure was cut from steel.

Standing at 5.96 metres tall, and erected in 2015, Big Bogan alludes, in an Aussie way, to Nyngan being a paradise for those who enjoy water-based activities such as fishing, water-skiing and kayaking, thanks to being near the Bogan River.

The Big Spud, Sassafras, Tas

For more than 30 years, families travelling along the Bass Highway between Devonport and Deloraine have been in awe of the giant potato in Sassafras. Kenny 'The Big Spud' Kennebec was built by local potato farmer and former Latrobe Deputy Mayor Rick Rockcliff to draw attention to his roadside potato stall. Now, Kenny – wearing a hat and a big smile – waits for the next generation of kids to stop by and snap a picture while on their travels.

The Big Pool Ball – Yarralumla, ACT

Located at the Yarralumla Play Station, the Big Pool Ball stands 178cm high and is 180cm wide. It's a relatively new 'big thing', having been installed in 2019 as part of a facelift for the popular family amusement park that first opened in 1973. While you're there, you can also play a round on the 36-hole miniature golf course, hitch a ride on the Bluebell train or snuggle a pony or alpaca at the mini animal farm.

Ms. MONEY$AVER

with Samantha Ireland

The cost of CARING

A report by Carers Australia found that long-term, informal carers – those who don't get paid to provide care – are severely financially compromised.

The worst affected lose at least $940,000 in income and $444,500 in superannuation over a lifetime.

I was a live-in carer for my mum, Pat, for 13 years. She had a serious heart condition and debilitating osteoarthritis. On her good days, she could potter around the house. But on her bad days, she'd need help just to sit up in bed.

As we couldn't predict the good and bad days, I worked from home so I could be there when she needed me.

That unpredictability also meant I didn't qualify for any government assistance as a carer – she simply wasn't 'disabled' enough.

As Mum's carer and a single parent, I often ended up working after midnight.

Like most carers, I wouldn't have had it any other way, but at times it was overwhelming.

To all the carers looking after parents, children, partners or other loved ones, I'm sending you a big hug and loads of respect.

FINANCIAL SUPPORT

You might be eligible for the carer allowance, the carer payment or both.

The carer allowance is $136.50 a fortnight with an income limit but no asset test, while the carer payment is a maximum of $1026.50 a fortnight for singles or $1547.60 for couples with an income and assets test.

For more information, visit servicesaustralia.gov.au

OTHER SUPPORT

As well as financial help, you might qualify for help with medical equipment, domestic chores, respite, or transport to medical appointments.

Pop over to carergateway.gov.au or give them a call on 1800 422 737.

Also look on carersaustralia.com.au for fantastic resources including info on the National Disability Insurance Scheme (NDIS), end of life care, and help for young carers.

CONCESSIONS

If you hold a Carers Association Card, Health Care Card or Centrelink Pension Card, you might be entitled to discounts at some businesses.

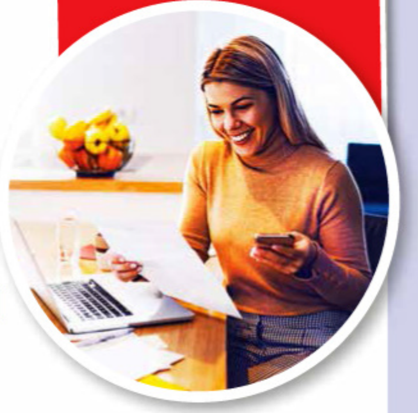
Hoyts offers carers $1.10 movie tickets if you're accompanying the person you care for and, depending on what state you live in, you might be entitled to discounted or even free public transport.

The National Companion Card may also get you free or discounted entry into sporting and other events.

Visit dss.gov.au under 'Disability and Carers' to find out more.

SIMPLE SWAP

I used to stress every time I received a bill, wondering how I was going to find the money to pay it by the due date. Phone bills, electricity, water and council rates – none of these were a surprise but they still hit hard. Now, something that's worked incredibly well for me is not waiting for the bill to arrive, but setting aside an amount out of every pay cheque. I work out what my regular bills cost per week and put that into my mortgage offset account. It's reducing the interest on my mortgage, and I know the money will be sitting there when the bill is due.



MS MONEYSAVER'S TIPS ARE PREPARED IN GOOD FAITH. THAT'S LIFE CANNOT ASSURE READERS THAT THEY WILL BE EFFECTIVE IN ALL CASES AND IS NOT RESPONSIBLE FOR ANY LOSS OR DAMAGE RESULTING FROM FOLLOWING THEM.

Cognitive health

Veronica lives on her own and is always in good spirit. But she began to struggle with focusing and was experiencing brain fog. Here is her story.

Finally, I don't need a shopping LIST TO REMIND ME!

Veronica has always enjoyed living an independent life, being in control and making her own decisions. Enjoying a wide range of hobbies, including knitting, crochet and painting, she began to notice that there were times she felt as if she was struggling to focus on the task in hand. 'Forgetting names, events and where I had put things, was becoming more commonplace,' adds Veronica. She felt that at times she was living in a fog.

'I couldn't accept that there wasn't anything I could do to help myself. I had always had a good memory and a clear brain. I wanted to be able to carry on enjoying an active and busy life.'

Nothing to lose

'Then I saw an advert for Clear Brain™ in a magazine. I had nothing to lose, so I thought, why not give it a try?

I have taken two tablets every day since November 2018; I am happy to say that I certainly feel as if my mental performance is functioning as normal now.'

Brain nutrients from nature

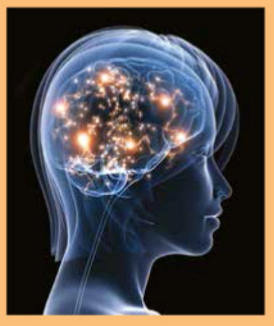
Veronica now finds that she is now able to carry on doing what she previously did, like going to the shop's without lists to remind her of what she needs and is confident that nutrients, ginkgo biloba, nuts and Vitamins B in the formulation enhance her memory and cognitive function.

For Veronica, the biggest plus is that she is now able to enjoy all her hobbies once again, her knitting, crochet and painting are all keeping her busy, 'I am enjoying my independence feeling relaxed and alert.

Thank you, Clear Brain™.'

Veronica

Why Clear Brain™



The brain is the largest part of your nervous system. It receives and coordinates signals from your senses, movement and memory. Clear Brain™ is based on a natural extract combination as well as vitamins and minerals, which enhance memory, increase cognitive performance, maintain blood circulation and flow to the peripheral areas of the body (legs, hands and feet). Riboflavin, niacin, vitamin B6 and B12 reduce feeling of weakness and contribute to the normal function of the nervous system.

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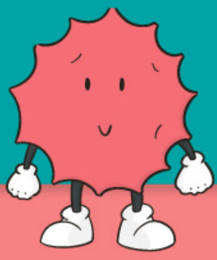

PUTTING A SPOTLIGHT ON

inflammation

A few simple lifestyle changes can help with effective management

Nearly every part of your body can become inflamed. And despite how common inflammation is, it's quite a misunderstood topic.

HOW IT WORKS

Inflammation is a natural process where immune cells, such as white blood cells, proteins and fluid, are attracted to a site of injury.

'The purpose of inflammation is to protect the body from harm, or at least to protect it from any further harm,' GP and researcher Professor 'Harry' Harrison Weisinger explains.

For example, if you twist your ankle, it becomes swollen and painful. This is the body's signal to start repairing the injury, and to keep you from walking on it!

WHEN IT GOES WRONG

'Our bodies constantly manage the balance between switching inflammation on and off,' Dr Harry says. 'We run into trouble when that balance is disrupted and we get inflammation in places where it is harmful to us.'

Some inflammatory conditions that can chronically affect our daily life include asthma, arthritis, multiple sclerosis, and coeliac, Crohn's and heart disease.

HOW CAN YOU TREAT INFLAMMATION?

'The single most important thing anyone can do is to pay attention to the signs of inflammation – and do everything they can do to reduce it,' Dr Harry says.

Some lifestyle factors that can help to reduce inflammation are getting adequate sleep and maintaining a healthy diet.

'People who get less than seven hours sleep every night are far more likely to incur inflammatory consequences, such as weight gain and other metabolic problems,' Dr Harry notes.

Studies also suggest that curcumin (from turmeric) and omega-3 fatty acids can both have anti-inflammatory effects on the body.

Tell me why... doctors wear blue or green scrubs

Have you ever noticed that most doctors wear blue or green scrubs in surgery? It turns out there are a few theories. Both these colours are known to have a calming effect, and also help to neutralise the colour of bloodstains. Blue and green also contrast with the colour red, which may help doctors to see better while operating.

TEXT BY AMY HADLEY AND AMBER BRAMBLE

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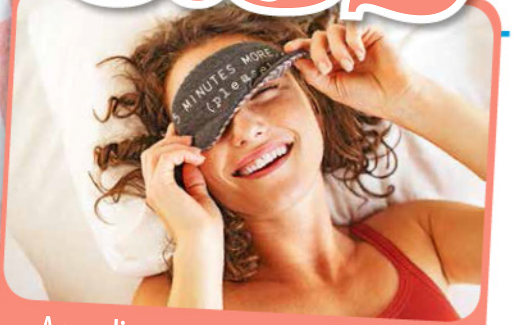
SLEEP STUDY

If you struggle to sleep at night, it may be time to get a diabetes test. A study by the University of South Australia found people who reported having trouble sleeping were more likely to have indicators of poor cardiometabolic health – inflammatory markers, cholesterol and body weight – which can contribute to type 2 diabetes.

GLUCOSE METER
5.5
M
DIABETES
INSULIN PEN
INSULIN
INSULIN

6:32



According to research, more of us wake up at this time than any other. Men tend to be slightly earlier risers, waking up approximately 11 minutes earlier than women.

23:14

The most common time for people go to sleep is 11.14pm. On average, women tend to fall asleep slightly earlier – around 16 minutes before men.

3 WAYS TO… dress for the heat

1

Pick your fabric
Opt for breathable fabrics like cotton or linen. Despite being semi-synthetic, rayon is also good as its very thin fibres help the air to circulate.

2

Go back to black
Black can absorb more heat from the sun, but also more heat from your body. Dark colours are often better at blocking UV rays too.

3

Consider the UPF
Some clothes have a UPF rating to guide you on how sun-safe they are. Anything over 30 is good, while 50 or more is excellent.

ASK THE **Doctor**

With Dr Dawn Harper

WHEN CAN I DITCH MY SLING?

Q Recently I went away for a girls' weekend and we were lucky to go horseriding on the beach. I hadn't ridden since I was a child. My horse was spooked by a seagull and I fell off and dislocated my shoulder. I was seen in the local hospital outpatients and given a sling to wear, but I didn't ask how long I should keep it on for.

A You can usually stop wearing a sling after a few days, but it can take three or four months to completely recover from a dislocation. You can go to a local physiotherapy service. The physios there can advise you on exercises to strengthen your shoulder muscles and reduce stiffness.

Is he harming their baby?

Q My daughter is expecting her first child later this year. Her partner was given a shisha pipe for his birthday and smokes it every evening at home. Could this cause a problem for their unborn baby? I have raised my concerns with them, but they are very dismissive and have accused me of interfering.

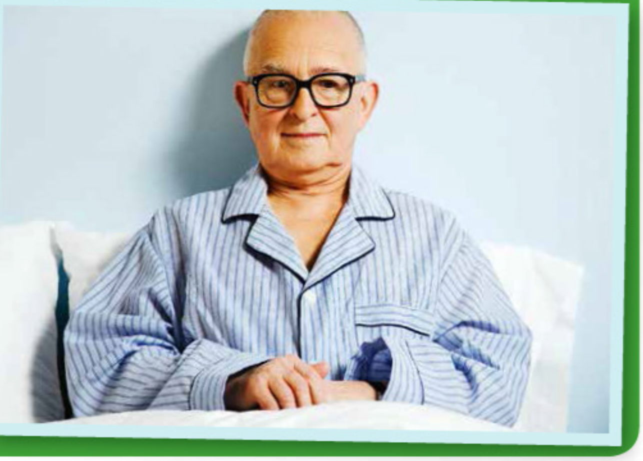
A Shisha pipes burn tobacco and the smoke is toxic. It can lead to a build-up of carbon monoxide, especially if the room is poorly ventilated. Babies exposed to carbon monoxide are at risk of being born too small and, in severe cases, could be at risk of perinatal death. It's worth encouraging your daughter to invest in a carbon monoxide monitor and asking her partner to smoke outside, though smoking is banned in many public places.

Afraid to ask?

I KEEP FAINTING

Q Most nights, my partner gets up for a wee in the early hours. Twice last week he fainted on the way back. His GP says this was probably caused by a drop in blood pressure, and he should sit on the side of the bed and wriggle his toes before getting up slowly. Is there anything else he can do?

A There's a condition called micturition syncope, where your blood pressure drops after having a wee. It's most common in older men and when getting up from a deep sleep. Alcohol, hunger, dehydration and fatigue can exacerbate the problem. And some prescription medicines can make things worse so, if he's on any of those, his GP may suggest an alternative.



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Have you got a question for Dr Dawn? *Send your questions to* **email:** *thatslife@aremedia.com.au*

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MEDI-FILE

NO MORE PAIN for Lucy

Lucy is doing well now

Elsa discovered her daughter's poor posture was caused by a spinal condition

Elsa Van Wijk, 48, Sydney, NSW

'Look at Lucy's posture,' my husband Chris remarked.

Gazing at our daughter Lucy, then 11, I could see one shoulder was lower than the other. 'Oh, she's lop-sided,' I said, surprised.

'Can you stand up straight, Lucy?' asked Chris, 48.

'I am standing up straight Dad,' she replied.

She also mentioned she had pain in her legs and at the bottom of her spine.

Anxious, I took her to our GP, who ordered scans.

'Lucy's got scoliosis,' he said later. 'It means that instead of her spine being straight, it curves to the side.'

He said she also had spondylolysis, a stress fracture in her spine. It could have happened from the vertebrae being compressed and was probably causing her pain.

We breathed a sigh of relief that Lucy's condition wasn't severe enough to warrant surgery.

But Lucy was about to hit puberty and have adolescent growth spurts, which meant her condition could deteriorate.

In May 2021, she was referred to an orthopaedic specialist at Sydney's Children Hospital, Randwick, NSW, who fitted her with a back brace to help hold her spine in the correct position.

'You'll need to wear it 22 hours a day,' he said.

'Okay,' Lucy nodded.

Covering most of her torso down to her hips, the brace was itchy and uncomfortable.

But she wore it day and night, only taking it off for sports and showers.

One day online, she discovered a US charity called 'Higgy Bears' that produced teddies wearing back braces for kids diagnosed with scoliosis.

> 'I want to help give these bears to kids like me'

'I want to help give these bears to kids with scoliosis like me,' Lucy said.

'That's a great idea,' I replied, touched.

So I set up a GoFundMe page in August 2021 and, amazingly, overnight we raised $1000.

Lucy bought 35 teddy bears and fitted them with tiny braces she ordered from the Higgy Bears site.

She donated the bears, and 90 full-size scoliosis braces, to Sydney Children's Hospitals Network for kids in orthopaedic wards at Children's Hospitals in Randwick and Westmead, NSW.

After a year, Lucy was able to remove her brace permanently.

Now 12, Lucy stands straighter and no longer has back pain.

She's donated 60 bears and raised more than $5000.

Chris and I, along with her brothers Lachlan 14, Liam, 10, and Leo, seven, are proud of her, not only for enduring the brace, but for helping other kids too. ●

Go to: gofundme.com/f/higgy-bears-for-scoliosis-patients-in-sydney

Lucy before treatment

With her brothers

SCOLIOSIS

- **A sideways curvature of the spine, scoliosis occurs most often just before puberty, and is more prevalent in females.**
- **It affects 2-3 per cent of the population.**
- **Most cases are mild, but some people develop spine deformities that get more severe as they grow. A brace may be required or, in more severe cases, surgery.** ***Visit schn.health.nsw.gov.au***

AS TOLD TO EVA LEWICKI

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TRUE BLUE

Being an Aussie is all about having the right attitude

Angus had been on the country road for about an hour when suddenly the vehicle in front of him blew a tyre.

For a moment he feared the driver would lose control as the car fishtailed, but luckily it stopped safely.

Angus geared down then pulled up behind the stricken vehicle.

As he approached, a man with a wide-brimmed hat got out to survey the damage.

A dog jumped out as well, and came running towards Angus with its tail wagging.

'She likes you,' said the man. 'She's good at first impressions, my Suzie. Once she growled at a bloke my granddaughter fancied. Turned out he was a two-timing mongrel. I've always trusted Suzie's instincts.'

'She's great,' Angus said, patting the excited dog. 'Glad neither of you got hurt when that tyre blew. I was a bit worried for a moment.'

'Gave me a bit of a jolt, that's for sure,' the man tapped his chest. 'Heart's racing like I've sprinted around the cow paddock.'

'Need a hand? I don't have to be anywhere in a hurry,' Angus asked.

'I'd appreciate that, thanks. The less time in the heat the better. I'm Barry, by the way. What's your name?'

'Angus.'

They shook hands.

'You're not from around here, are you?' Barry asked.

'The accent, right?' Angus smiled, as they began to unload the boot to get the spare tyre and jack. 'I'm from Scotland. I've been on holiday here for six months. Hired a car a few weeks ago to explore the outback.'

'Lucky you.' Barry slid the jack under the car and raised it. 'Had a good trip?'

'Fantastic – here, let me try that,' said Angus, when he saw Barry struggling to undo the wheel nuts.

'Yeah, thanks. Bit of arthritis in the hands. Didn't realise it was getting so bad.'

'Well,' Angus grunted, 'these nuts aren't exactly loose either.'

It took a while, but he finally removed all the nuts and the tyre. Together they fitted the spare.

'What's been your favourite part of your trip?' asked Barry. 'The beaches, the outback, the rainforests, the mountains, or the cities?'

'You know, I really think what's made the trip great is the people. I've shared meals and experiences, heard so many amazing stories from so many people from different backgrounds and cultures. And every one of them has been helpful and friendly.'

> 'It's someone who's ready to pitch in during a crisis'

'That's good to hear,' said Barry, as he handed Angus the wheel nuts to tighten.

'One thing I'm confused about though,' said Angus. 'Before I flew out here, I'd heard of the term 'true blue' to describe someone, but I'm still not sure what it means.'

He popped the old tyre back in the boot. 'Are you a true blue?'

Barry stood and wiped the sweat from his brow with his sleeve.

'To me, someone's true blue if they respect others. It's a person who's ready to pitch in during a crisis. It doesn't matter if it's for friends, family, neighbours or strangers. And it's probably someone who's quick to accept and slow to judge, rather than the other way around.'

'I think I understand. So I guess I've met heaps of true-blue people, no matter what their background.'

'Maybe,' Barry smiled.

Walking to his car's door, he swivelled his side mirror towards Angus.

'And it's someone who stops to help a stranger, even though he could've kept driving by. Being true blue is a way of life. I reckon you're one of us, Angus.' ●

By Rosemary Hayes

PHOTO: GETTY IMAGES

Meg was terrified when she spotted a poltergeist in her place of work

Meg Jakes, 40, Cremorne, NSW

THE PHANTOM CHEF

BEWARE
OF THE
GHOSTS

'What's that?' I asked, hearing a creaking sound coming from above.

Lunch service had just finished, and my workmate Jenny and I were cleaning up and getting everything ready for the evening diners.

'Well, Meg, there's a ghost living in the guestrooms upstairs,' Jenny replied.

'Ha! That's funny,' I said, thinking she was joking.

In my 20s, I was backpacking and working as a waitress in an old pub in the north of England.

It was winter and there was a skeleton staff running the pub. Josh the chef and Steve the barman both lived in rooms off the kitchen.

Jenny only worked at lunchtime so she soon left.

As the pub closed for a few hours in the afternoon, instead of going home to my cold cottage between shifts, I'd stay by the fire and read a book in the quiet of the empty restaurant.

This day, I was sitting quietly next the fireplace when I felt a chill pass by me.

It's just the draught coming under the old doors, I told myself, and noticed it had started snowing outside.

After a while I heard a clang coming from the kitchen.

'You must be glad to be out of that weather,' I called out, thinking Josh must be back from a trip to the shops.

There was no reply but the clanging got louder.

I crept to the kitchen door and peeked in.

There I saw a woman in a white chef's apron lifting the lids of the pots on the stove, then banging them back down.

I gasped... and she vanished.

'Hey, Meg. You still here?' It was Josh back from the grocery run.

'I... ah...,' I stammered.

'What? You seen a ghost?' he asked with a smile.

> 'What? You seen a ghost?' he asked with a smile

'Yes, I think I did,' I replied.

'That'll be Daphne,' Steve chimed in, just coming up from checking the kegs in the cellar.

'She ran the inn 100 years ago,' Josh said. Apparently, she loved the place so much she never left.'

I was speechless.

'I bet she scarpered when she saw you,' Steve said, explaining Daphne wasn't good with strangers.

'Yes. She vanished,' I said.

'She's probably never met an Aussie before,' he laughed.

Josh explained Daphne was always taking the lids off the pots.

'It's like she still thinks she owns the place,' he said.

Stunned, I tried to process what I'd learned.

By closing time that night, the snow lay deep around the inn, making it too dangerous for me to cross the field to my rental.

So Josh suggested I sleep in one of the upstairs guestrooms instead.

'Don't worry about Daphne. She won't hurt you,' he assured me.

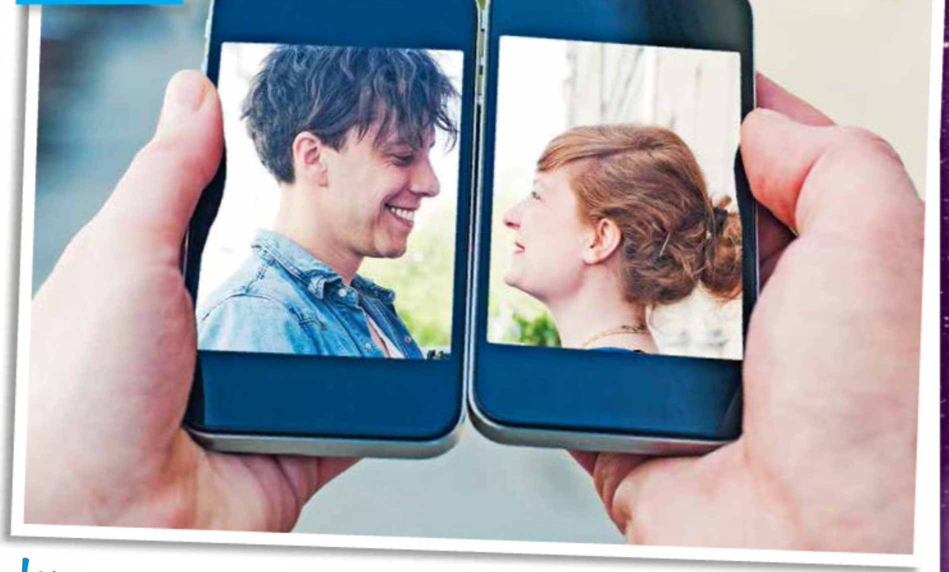
Even so, I barely slept a wink, and I was sure I heard footsteps in the hallway, like someone was not pleased so was pacing up and down.

I'm not sure who was more spooked that night, Daphne or me. But I was glad to be back in my cottage the next day. And was very relieved there were no more nights of heavy snow. ●

AS TOLD TO JUDE DURRANT

YOUR stars

Kris Fontaine **PSYCHIC ASTROLOGER**



Aries March 21-April 2

Sharing your highest hopes could be your key to happiness. Interaction with online friends, neighbourhood acquaintances or people in uniform could assist you moving forward with a halted goal. Don't discard those keepsakes until you're good and ready.

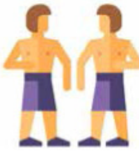
LUCKY NUMBERS 30, 34, 41

Taurus April 21-May 21

Is a loved one being unreasonable concerning something you have had your heart set on for months? Don't be uncharacteristically swayed by sentiment, Taurus. Are your finances faltering? Listen to a recommended podcast or clued-up individual.

LUCKY NUMBERS 6, 11, 31

Gemini May 22-June 21



In case being purposeful with a must-do project is only temporary, Gemini, formulate a back-up plan or bring in some buddies who have your back to help. Your role as a partner, parent or mentor undergoes some tweaking.

LUCKY NUMBERS 22, 39, 40

Cancer June 22-July 23

After weeks of soul-searching, Cancer, prepare for those new beginnings to kick in. There's no need for a costume change – just do you. Despite your innate inner melodrama, a work or relationship 'catastrophe' is avoided.

LUCKY NUMBERS 1, 9, 18

Leo July 24-Aug 23

Keeping a low profile is hard for you to maintain. In order to recover quickly from a booming business glitch, do your best. Regarding that relationship challenge – you're back on your feet as quickly as you felt pulled down.

LUCKY NUMBERS 37, 39, 42

Virgo Aug 24-Sep 23

Apparently, your love interest prefers alfresco dinners and secretive dates. Something seems suss, so pay attention to their body language and what they aren't saying. Happily coupled? Also be attentive. Start from scratch if you're not happy with those quotes.

LUCKY NUMBERS 26, 28, 32

Libra Sep 24-Oct 23

It's healthy to have those Libran-style discussions that include weighing up options, listening to the other side of the story or bringing peace to the zoom room. A passionate long-distance relationship could come knocking.

LUCKY NUMBERS 4, 8, 12

Scorpio Oct 24-Nov 22

Get busy organising your financial affairs, Scorpio, or you'll be bustled back into 2022's struggle. Fortunately, a loved one is aware of your quagmire and pulls you up. A one-off romantic date comes back to nicely haunt you.

LUCKY NUMBERS 8, 13, 45

Sagittarius Nov 23-Dec 21

A left-field choice has family and friends a little confused, but certainly very happy for you. You aren't obliged to build your significant someone's self-esteem, Sagittarius, but it's on you not to chip away at their character.

LUCKY NUMBERS 3, 16, 44

Capricorn Dec 22-Jan 20

Nobody should decide on your behalf, Capricorn. Retrieve your personal power by flipping a challenging situation on its head. A new work or residential start is quietly percolating as you tie up those loose ends with absolute pleasure.

LUCKY NUMBERS 20, 22, 27

Aquarius Jan 21-Feb 19

Doing as you please is part of your inherent repertoire. Mixing with those of a similar disposition brings a nice challenge back to your daily routine. How are you handling your person's little idiosyncrasies? Tip: let them be.

LUCKY NUMBERS 2, 19, 24

Pisces Feb 20-Mar 20

True, it isn't in your cosmic persona to openly express your feelings. Bring on Sunday's occasion, Pisces, when wearing your heart on your sleeve could only benefit everyone. A distinct shift in your work attitude pays off.

LUCKY NUMBERS 17, 31, 43

THAT'S LIFE! READERS CAN GO TO KRIS'S WEBSITE *WWW.KRISFONTAINE.COM.AU* FOR AN IN-DEPTH 20-MINUTE LIVE ONLINE CHAT READING. COST, $40.

THE Warm FUZZIES

Little stories to make you smile

> **Happiness is the best make-up**
>
> *Drew Barrymore, actress*

SPECIAL FRIENDS

Four-year-old mix-breed dog Buddha loves making friends with the other animals on the farm where he lives. After spending the first two years of his life chained up outside, often in the scorching sun, Buddha was rescued and brought to the Luvin Arms Animal Sanctuary where he soon made himself at home. Buddha has found friendships with some interesting animals, including his cow pal Marley, who he snuggled up to when Marley was a calf. Now the pair just exchange 'kisses' through the fence. Buddha's new bestie is Cheerio, a four-week-old lamb. 'The cutest thing in the world is watching Cheerio get all excited and do these little hops and jumps and run after Buddha,' Shartrina White, from the sanctuary told *Today*.

Arthur and bride Jeni

A WALK TO REMEMBER

When Jeni Stepien's father tragically lost his life, the family made the tough decision to donate his organs. But 10 years later, when planning her wedding, Jeni knew she wanted to somehow include her dad. Her father's heart had been received by Arthur Thomas in a life-saving op and, grateful for his second chance, he'd kept in contact with the Stepiens over the years. So prior to her special day, Jeni sent Arthur a letter asking if he'd walk her down the aisle. Arthur agreed and was welcomed by the family with open arms. Escorting the bride down the aisle, Arthur then shared her first dance. 'What greater honour could a person have than walking the daughter of the man who's given his heart to him,' Arthur told *KDKA*. 'I was just so blessed he was there with us,' Jeni said.

Miracle girl

Miracle Moore, 10, has a lot to be proud of. Hearing her mum Viola Fair, 30, scream as her waters broke at home, Miracle went to help. Seeing the baby's head begin crowning, the Year 4 student knew the bub was coming, and fast. Dialling emergency services, she followed instructions from operator Scott Stranghoener. Miracle told her mum to breathe and push, before catching the baby. Welcoming her little sister, Jayla, Miracle wrapped her in a clean dry towel and held her tight until ambos arrived moments later. Miracle has since been given two awards for her brave actions and is considering a career in medicine one day. But for now, she's happy just to be Jayla's big sister. 'She's really cute. She doesn't cry a lot, and I get to hold her a lot,' Miracle told *Today*.

Miracle, Jayla and ambo Scott

Miracle with a bravery award

You can change the world, girl

COMPILED BY LIZZY DIMOPOULOS PHOTOS: ABC YOUTUBE; LUVIN ARMS ANIMAL SANCTUARY; NORTH COUNTY FIRE & RESCUE

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THIS IS FOREVER

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OF CARTIER
CRAFTSMANSHIP

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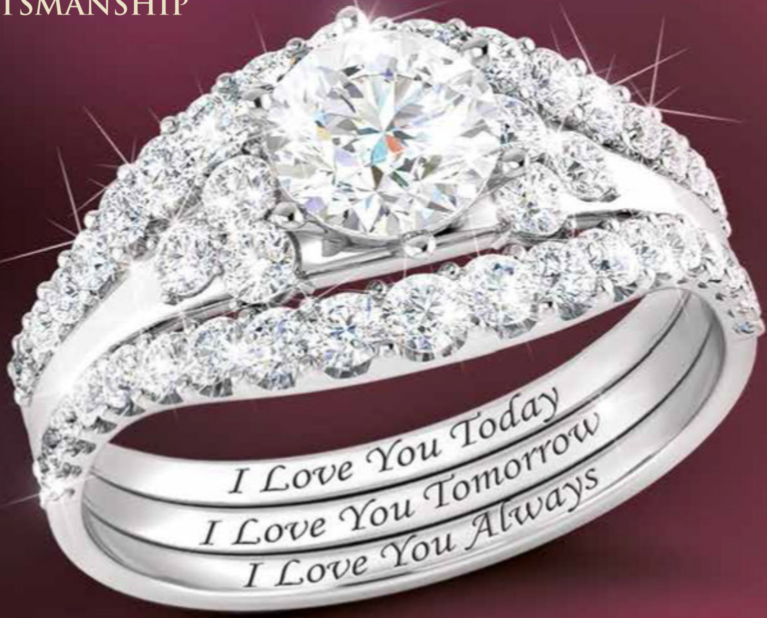
ALFRED DURANTE

- Alfred Durante



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I Love You Always

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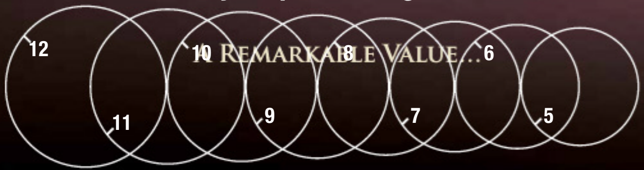

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IDOL
Australian Idol
Starts Monday Jan 30
7 / 7+
7+
ONE CLICK AWAY

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